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HEALTH SCIENCE



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HEALTHOLOGY

(ILLUSTRATED)



IRVING J. EALES, M.D., D.O.

22. F. 230



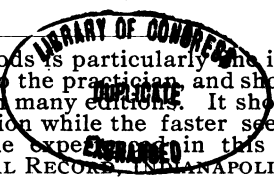
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Beginning Friday May thirteenth, 1907, at noon and ending
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He ate all too much!



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Weight, pounds = 235	160
Weight, net, tube = 5 1/2	10
Chest, inches = 41	36
Waist, inches = 34	30
Neck, inches = 14 1/2	14
Fore arm, inches = 12 1/2	12
Thigh, inches = 17 1/2	17
Calf, inches = 14 1/2	14
Long capacity, cubic inches = 300	250

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75 lbs.

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50 lbs.

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3 photos 30th day. 171 gross 165 1/2 lbs. lifting 50 75 125 lbs. during 30th M. gross 16 1/2 lbs.

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HEALTHOPATHY

(THE FASTING CURE, HEALTH TREATMENT)

BY

IRVING JAMES EALES, M. D., D. O.

BELLEVILLE, ILLINOIS

Co-Author and Publisher Eales' and Taber's Anatomical and Physiological Encyclopedic Chart of the Human Body; Formerly Professor of Physiological Alimentation and Hydrotherapeutics in the American College of Osteopathic Medicine and Surgery, Chicago; and of Dietetics and Hydrotherapy in the College of Medicine and Surgery, Chicago; Member of the American Association of Physio-Medical Physicians and Surgeons; The Illinois Physio-Medical Society; The American Osteopathic Association; The Illinois Osteopathic Association; The American Medical Union, etc., etc., etc.

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LONDON, ENGLAND

1907

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March 3rd, 1913

DEDICATION.

This volume is dedicated to my Father and Mother, Samuel and Elizabeth Bird Eales, with the hope that by continuing the dietary reform, as advocated herein, as they have for the past several years, they may enjoy life for many years to come and be living witnesses to the truths of Healthopathy and Healthology.

PREFACE.

The human body, with its almost unlimited powers, is certainly the deepest and most interesting study one can contemplate.

The *Bone system*, or Skeleton, when examined, unfolds a world of wisdom of the Great Creator, in the arrangement and mechanism of this wonderful structure: Over two hundred bones of various shapes, lengths, sizes and weights are so intimately connected and variously articulated as to permit and allow the most intricate movements of the contortionist; more like the movements of a rubber figure than those of a human being. This marvelous foundation of the temple of the indwelling Spirit is more wonderfully clothed with more marvelously endowed structure for its perfect manipulation—the *Muscular systems*, both voluntary and involuntary, with their inherent capabilities of development of almost superhuman strength, dexterity and automaticity. These systems, as well as the bony and all other systems, are permeated in every minute part by those twin *Blood systems*, Arterial and Venous; the former to convey the life containing vital fluid from the Vital Fountain to every microscopical spot in the entire organism, the latter to return the same for aeration and purification after the tissue building, repairing and life sustaining properties thereof have been selected and extracted by the numerous structures of the various systems, together with the waste products

of metabolism, which are eliminated by the lungs, kidneys, bowels and skin. The *Lymphatic* system, to which so little attention is given, deserves more than passing notice, for while there are twelve or fourteen pounds of blood in the average human body there are thirty to forty pounds of Lymph to be circulated and the tissues bathed therein. This system is supplied with glands throughout the entire organism; here the Lymph is further elaborated and white corpuscles formed therein. Thus we could mention and write chapters on the *Organic* system, the *Skin* system, the *Connective Tissue* system, and the *Tubular* system, all having their separate and distinct duties to perform, yet all working harmoniously when the body is properly aired, watered, fed, rested, exercised and cared for as a human body should be. But more marvelous than all the systems heretofore mentioned are the *Cerebro-spinal* and the *Sympathetic Nerve* systems, or Brain system. The Cerebro-spinal, having control of the functions of the Voluntary Muscular system, including all conscious actions, as walking, talking, thinking, etc., for thought precedes all action, and the brain is the organ of the mind, and wherever there is life there is mind. The Conscious mind controls the Cerebro-spinal system.

The *Sympathetic* controls all involuntary actions, the building and repairing of the organism, all vital processes, as breathing, digestion, nutrition, circulation, sleep, etc. The sub-conscious or super-conscious mind or Spirit controls the Sympathetic system. Thus the entire organism is dominated and controlled by *Universal Mind*, "that Supreme Intelligence which pervades and animates all Nature and which can never, no, never die." The work of the body is subject to

and performed under the three great fundamental Laws of the Universe: the Chemical, the Mechanical and the Vital. All is law and order, and the object of this volume is to call the attention of all thinking people to some of these, little understood, laws. We are continually transcending some of the laws of our being and the same motto that applies to Civil and Criminal laws applies to the laws of life and nutrition, viz.: "*Ignorantia Legis Neminem Excusat*," Ignorance of the law excuses nobody. Disease is caused by disobedience of the laws of life and until we learn how, when and what to eat and how to live hygienically we will continue to suffer for the disobedience of laws of which we may be entirely ignorant, but nevertheless must suffer and have disease which can easily be avoided if we understand the law. Over 90 per cent of disease is caused by errors in diet and the first law to apply in all cases of acute attacks of illness is to withhold all food for twenty-four hours or until there is natural hunger, if hunger does not manifest itself at the end of twenty-four hours. This gives the body a chance to cleanse itself of the accumulation of the products of imperfect metabolism due to the over-ingestion of food. The author is not the first to call attention to the great value of withholding food or fasting for the cure of disease. The subject has been before the American public ever since 1877, when Dr. Henry S. Tanner fasted forty-two days and forty-two nights and cured himself of a complication of diseases—rheumatism, heart trouble, asthma, etc.—after six reputable physicians said he could not live; he concurring in the diagnosis and prognosis of his case. Dr. Tanner is in perfect health at this date, at the age of nearly 78 years.

My own condition caused me to give attention to this subject some twelve years ago and from that date to the present I have been an advocate of dietary reform and all pupils who attended my lectures at the two colleges of medicine, in Chicago, where I had the honor of filling the chairs of Physiological Alimentation, were taught the great value of fasting in the cure of disease. During my late experiments in a fast of thirty-one days, primarily for the purpose of reducing my weight, as my health has been perfect for a number of years. I retained my strength and vitality and felt such a wonderful improvement in my general bodily condition, that I feel that it is my duty to give the public the benefit of my experience. In order to prove the value of restricted diet, both in health and disease, and that the public may know that other eminent physicians, physiologists and investigators along dietetic lines have arrived at the same conclusion as the writer, I have made liberal quotations from the copyrighted works of the late Dr. E. H. Dewey, to whom belongs the credit of first calling the attention of the public to this philosophy, in a written work, after over thirty years of experience and study with the method in all manner of disease. I also quote from the following eminent writers, viz.: Dr. Robert Walter, Dr. A. Rabagliati, Dr. E. Densmore, Dr. Bellows, Dr. Chapman, Professors Chittenden and Fisher, of Yale College, Mr. Horace Fletcher, Mr. C. C. Haskell, Mr. J. A. Shaw, Mr. Bernarr McFadden, Prof. Gilman Low and others, although, I believe, none of these investigators have subjected themselves to the same experiments as myself. I sought the truth and I give the public my deductions as the truth appears to me, after making these experiments on myself

and after twelve years of practical tests of the system in all manner of disease conditions. It is to be anticipated that errors of detail will be found in the work, for which we crave the indulgence of the reader and plead in extenuation that it has been written during spare moments, mornings and evenings, and when opportunity would permit during a busy practice. It is written in plain, simple language, free from technical medical terms, that it may be read with interest by the public in general and be none the less interesting to members of the medical and other learned professions. The brightest minds and most advanced thinkers in all parts of the civilized world are turning their attention to dietary reform and restriction. Of late years we have gone food crazy, particularly for nitrogenous food—meat, eggs, etc.—while the human body requires but about $2\frac{1}{2}$ to 3 per cent of nitrogen.

Ninety-seven per cent of a normal human body is composed of Oxygen, Carbon, Hydrogen and Nitrogen, in about the following proportions, viz.: Oxygen 72 per cent, Carbon 13 per cent, Hydrogen 9 per cent, and Nitrogen 3 per cent. This gives a key to our dietary requirements. We should eat less and breathe more. Oxygen is the first requirement, water second, and food last. In placing this volume before the public it is our sincere desire that the reader, by following its teachings, may attain perfect health and assist in spreading the truth to suffering humanity.

IRVING JAMES EALES.

Belleville, Ill., October 15th, 1907.

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PART 3.

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thought—June 13—Ten health-giving rules—Eliminate—June 14—Photo—Action of mind—Brain and nerves feed on adipose tissue—June 15—Photo—Papers find out about my fast—June 16 interviewed—June 17 interviewed—Horlick's Malted Milk Company—June 18—Reporters at office—June 19—Strength tests—Blood test—Blood normal—Professor Stengel—About the blood—Uses of the blood—June 21—Mr. J. Austin Shaw—June 22—Strength tests—June 23—Measurements taken—Lung capacity—Interviewed—Body 75 per cent oxygen—Mr. Washburn's forty-three days' fast, living on air, and no loss of flesh—World's records—Theory of Dr. Carey, who can disprove it—Flesh formed from air instead of food—June 24—Strength tests—Photos—Food adulterated—Professor Stillman's synthetic dinner—Artificial eggs, etc.—June 25—Good effects of fasting—Fast for valvular trouble of heart—Obesity—Cancer—Pure blood—June 26—Will break-fast Monday, July 1—Will take glass of Horlick's malted milk Sunday at noon—Dr. Hindhade, of Denmark, spreads the gospel of health throughout Denmark, Norway, Sweden and Germany—Little albumen needed in food—System introduced in army on trial—Professor Leduc's experiments—Toying with life—Life from chemicals—June 27—Strength tests—Bronchitis—Dropsy—Disease a unity—Ulcerated bowels—Dr. Dewey's remarkable case of Rev. W. E. Rambo—June 28—Strength tests—No loss of strength—Customs—Handshaking—Barber's poles and bleeder's poles—June 29 lifted 50, 75, 125 pound weights—Photos—Food not the only source of strength—'Fallacies and delusions' of medical profession by Dr. A. M. Ross—What concoctions were used less than 150 years ago—Thirty-five years ago—Twenty-five years ago—Twenty years ago—Latest medical delusions—Medical practice of future—Medical reformers—June 30—Strength tests—Photos—Measurements—Article published in metropolitan papers—July 1—Weight 162 pounds—Loss thirty pounds in thirty-one days—Strength remains without impairment—Weight and measurements compared weekly—Table of standard heights, weights and lung capacity, ranging from 5 feet to 6 feet 3 inches—Valuable tables from world's models—Certificates of parties watching my fast—H. L. Heinemann, who weighed me regularly—S. C. Crouch, photographer—Mrs. Gertrude Henderson, office assistant, who weighed me—Miss Mary Fluck, maid—Mrs. I. J. Eales—George F. Wangelin—July 2—Start for Chicago—July 3—Blood test at Cook County Hospital, Chicago—July 4 to 31—Record of diet each day—Summary—Fasting benefits the thin—The more flesh the more air required—Fatty tissue diseased tissue—Skin of 140-pound person made to cover 250 pounds—Fatty tissue brittle—Food and disease—Alcohol and drunkenness—One ounce of food for every ten pounds body weight—160 pounds weight, sixteen ounces a day—In perfect health—Cure of Mr. John W. Morrison—His statement—Mr. Henry Winker cured—His statement—Mr. H. B. Veerhusen's cure—His letter.

PART ONE—PRACTICAL DIETETICS.

THE CHEMICAL COMPOSITION OF THE HUMAN BODY AND THE CHEMICAL COMPOSITION OF FOODS COMPARED.

Everything that exists in the universe is, what is called, a **CHEMICAL ELEMENT**, or is a combination of different chemical elements in certain definite proportions. More than seventy-three different chemical elements have been discovered and classified and chemistry proves that about fourteen of these elements, in their various combinations, form the entire animal and vegetable kingdoms, the crust of the earth and its rocky masses, all of our food, raiment, earth, air, fire and water.

The **FOUR CARDINAL**, OR **PRIMAL**, elements are **OXYGEN**, **CARBON**, **HYDROGEN** AND **NITROGEN**, for without them no form of life could exist. Certain combinations of these cardinal elements produce the most harmless substances; other combinations of them produce some of our foods and drinks; while still others produce the most virulent and deadly poisons. A certain combination of oxygen and hydrogen always forms water (H_2O), while in certain other proportions it always forms hydrogen dioxide (H_2O_2), or what is commonly known as hydrozone—a liquid very different from water, yet it is composed of the same two elements. One combination of nitrogen and oxygen

forms laughing gas (N_2O), while the air we breathe is composed of the same elements; and a combination of hydrogen, nitrogen and oxygen forms nitric acid (HNO_3), a powerful burning liquid which will dissolve metals. Trees contain certain elements in certain definite proportions and an oak tree will contain the elements in different proportions from a hickory or pine, etc. Ninety-seven per cent of the human body is composed of these four cardinal elements and in no two human bodies will they be found in exactly the same amount; and this difference in amount and combination, we believe, explains the difference in constitutions and what is called organic quality of the human race. In certain combinations they cause disease, or, in other words, a lack of certain of them produces inharmony or disease. As we use the letters of the alphabet to build up words and sentences, so these fourteen chemical elements are used to build up the animal and vegetable kingdoms.

OXYGEN is the most abundant and the most important element in the universe, as well as the most widely diffused. It is estimated that the weight of the oxygen of the globe exceeds the combined weight of the other seventy-two elements. It forms one-fifth, by volume, of the atmosphere; eight-ninths, by weight, of water; three-fourths of the animal, four-fifths of the vegetable, and one-half of the mineral kingdoms. It exists in all animal and vegetable tissues and in a large majority of minerals and unites with all elements except fluorine. It is a colorless gas; specific gravity 16 (it being 16 times as heavy as hydrogen, which is the standard of comparison for gases, its specific gravity being unity). About 72 per cent of the human body is oxygen.



The Author's Wife, Mrs. Nettie A. Eales.

CARBON is also a very abundant element, as all things that have life contain carbon. It exists in the tissues of plants and animals in combination with oxygen, hydrogen and nitrogen, and is so universally a part of organic bodies that organic chemistry has been called the chemistry of carbon compounds. It ranks as the only element never absent in substances obtained from the animal and vegetable kingdoms and is also abundant in the mineral kingdom. It has a great affinity for oxygen and the product of their combination, if oxygen be in excess, is an invisible gaseous body, carbon dioxide (CO_2); if carbon be in excess, another invisible gas called carbon monoxide (CO).

Carbon is found combined with hydrogen and oxygen in coal and is one of the essential elements in wood, flesh (fibrin), oil, bone (gelatin), starch, sugar and gum. About 13 or 14 per cent of the normal human body is carbon. Animal fat contains, on an average, 76 per cent of carbon. All carbonates contain carbon and oxygen (CO_3).

HYDROGEN is a colorless, odorless, tasteless gas, the lightest of all known bodies and is a standard of comparison for atomic and molecular weights and specific gravity of gases, as distilled water is the standard of comparison for solids and liquids; its specific gravity is therefore unity. Water is 11.160 heavier than air and air 14.44 times heavier than hydrogen. Water (H_2O) is formed by a combination of two volumes of hydrogen with one volume of oxygen, or, by weight, 2 parts H to 16 parts O, and, when pure, always consists of 11.11 per cent (one-ninth) of hydrogen and 88.89 per cent (eight-ninths) of oxygen. Hydrogen is abundant in all organic substances in combination with oxygen, carbon and nitrogen.

About 9 per cent of the normal human body is hydrogen.

NITROGEN, like oxygen and hydrogen, is a colorless, odorless, tasteless gas, specific gravity 14. It will not support life but is not poisonous; it is not combustible but will not support combustion. It is one of the most widely diffused elementary substances in nature, forming nearly four-fifths of the air, besides being a constituent element of all animals and vegetables. Nitrogen is found in abundance in combination with hydrogen, as ammonia (NH_3), and in combination with carbon, hydrogen and oxygen it forms the most important constituents of the solids and fluids of the body, with the addition, sometimes, of sulphur and phosphorus. Combinations of nitrogen and carbon produce the poisonous cyanic substances. Nitrogen and oxygen are found in all nitrates in the proportion of NO_3 . About 2 or 3 per cent of the normal body is nitrogen.

The following table, taken from Marshall, gives the names of the fourteen chemical elements of the body and their relative proportions in a human body weighing 154 pounds:

Element.	Symbol.	Lbs.	Oz.	Gr.	Per Cent.
1. Oxygen	O.	111	0	0	72.
2. Carbon	C.	21	0	0	13.5
3. Hydrogen	H.	14	0	0	9.1
4. Nitrogen	N.	8	0	0	2.5
5. Calcium	Ca.	2	0	0	1.3
6. Phosphorus	P.	1	12	190	1.15
7. Sulphur	S.	0	2	210	0.1476
8. Sodium	Na.	0	2	116	0.1
9. Chlorine	Cl.	0	2	47	0.085
10. Fluorine	F.	0	2	0	0.08
11. Potassium	K.	0	0	290	0.026
12. Iron	Fe.	0	0	100	0.01
13. Magnesium	Mg.	0	0	12	0.0012
14. Silica	Si.	0	0	2	0.0002
		154	—	—	100,000

Traces of copper, manganese, lithium, iodine, aluminum and lead have been discovered in the

body in some instances, but they are not considered as constituent elements of the normal body. (Very few of these fourteen elements are found in the body in a free state.)

From the table it will be seen that 97 per cent of the human body is composed of the four cardinal elements, oxygen, carbon, hydrogen and nitrogen, and that 3 per cent is composed of the remaining ten elements. The gases, oxygen, nitrogen and carbon dioxide (CO_2), are found in the blood. Putrefaction in the alimentary canal forms hydrogen or sets hydrogen free. Water (H_2O) is found in all parts of the body and constitutes about 70 to 75 per cent of it.

Gelatin (CHNOS) is found in the walls of cells and many tissues. Fat (CHO) constitutes the adipose tissue which forms about 12 to 14 per cent of the normal body, which in excess, however, may exceed 50 per cent.

The inorganic compounds or cell salts found in the body are as follows, according to Dr. Schuessler:

1. **CALCAREA FLUORIDE** (Ca F_2). In surface of bones, enamel of teeth, elastic fibers and cells of epidermis.
2. **SILICA** (Si O_2). In connective tissue, cells of the epidermis, hair, nails and teeth.
3. **CALCAREA SULPHATE** (Ca SO_4). Not constant in body. Used in supurations and affections of skin and mucus membrane.
4. **NATRIUM SULPHATE** ($\text{Na}_2 \text{SO}_4$). Stimulates epithelial cells and nerves and withdraws water from superannuated leucocytes.
5. **NATRIUM PHOSPHATE** ($\text{Na}_2 \text{HPO}_4$). In blood corpuscles, muscle cells, nerve and brain cells and intercellular fluids.
6. **MAGNESIUM PHOSPHATE** ($\text{Mg}_3 \text{PO}_4$)₂. In

blood corpuscles, muscles, brain, spinal marrow, nerves, bones, teeth.

7. **FERRUM PHOSPHATE** (Fe_3PO_4)₂. In blood, muscle cells, nerve cells.

8. **KALI PHOSPHATE** (K_2HPO_4). In brain cells, nerves, muscles, blood corpuscles and plasma and intercellular fluids.

9. **KALIUM CHLORIDE** (K Cl). In nearly all cells and is chemically related to fibrin.

10. **KALIUM SULPHATE** (K_2SO_4). In all cells containing iron. Affects the transfer of all inhaled O to all cells, and in blood.

11. **NATRIUM CHLORIDE** (Na Cl). In every cell and in the blood.

12. **CALCAREA PHOSPHATE** (Ca_3PO_4)₂. In all cells; most abundant in bone cells; forms principal part of earthy matter of bones.

Kirke adds:

CALCAREA CARBONATE (Ca CO_3) in the bones and teeth, but in much smaller quantity than phosphate.

SODIUM AND POTASSIUM CARBONATE (Na CO_3 and K CO_3) are found in the blood and some other fluids and tissues.

PEROXIDE OF IRON ($\text{Fe}_2\text{O}_3\cdot 2\text{HO}$) is found in the haemoglobin, also in the ash of bones, muscles and many tissues and in lymph and chyle, etc.

SUMMARY.

NERVE CELLS contain magnesium phosphate, kali phosphate, natrium phosphate, ferrum phosphate and calcarea phosphate a trace.

MUSCLE CELLS contain magnesium phosphate, kali phosphate, natrium phosphate, ferrum phosphate, kali muriate and calcarea phosphate a trace.

CONNECTIVE TISSUE CELLS contain Silicea as the specific substance and calcarea phosphate a trace.

ELASTIC TISSUE CELLS contain calcarea fluoride.

BONE CELLS contain calcarea fluor, magnesium phosphate and calcarea phosphate.

CARTILAGE AND MUCUS CELLS contain natrium muriate, which is also in all solid and fluid parts of body.

The different compounds found in the body, or proximate principles, as they are usually termed in physiology, are divided into inorganic compounds which include water and the cell salts, such as calcium, sodium and potassium phosphate, etc., and the organic compounds, which are subdivided into the nitrogenous compounds (containing nitrogen), which constitute the muscle, brain and nerve food, such as proteids, albuminoids, etc., containing carbon, hydrogen, nitrogen, oxygen and sulphur, etc., and the carbohydrates, non-nitrogenous or carbonaceous compounds, which are said to constitute the heat producing foods, such as fats, sugars, starches, etc., containing CHO.

The **CARBOHYDRATES** contain carbon, hydrogen and oxygen, the last two elements occurring generally in the proportion in which they are contained in water (H_2O), 2 to 1, or 2 to 16 by weight, but the different carbohydrates vary greatly in composition. They form the chief portion of the dry substance of the plant structure, as the protein bodies form the chief part of the solids in animal tissues, although some carbohydrates are found in the animal organism, as glycogen or animal starch; also other carbohydrates are dextrose or grape sugar, fructose, levulose or fruit sugar, honey, lactose or milk sugar. Besides these we have starch, galactose, maltose, dextrin, cellulose,

gums, inosite or muscle sugar, classed by some as carbohydrates.

The Fats form the third group of the organic foods and are found in both the animal and vegetable kingdoms. The fats are called palmitin, stearin and olein; also lecithin is a very complex fat and cholesterin is a monatomic alcohol but sometimes classed as fat.

According to Volkman and Bischoff, the body, as a whole, contains 16 per cent of the proteid substances, 1 per cent of carbohydrates and 14 per cent of fat, the other 69 per cent being water and salts. The body is supplied with these fourteen elements by breathing, and by Food and Drink, and to insure good health, they must be supplied in the right proportion.

From a chemical analysis, we find that a kernel of wheat consists of C H N O S and phosphates in about the proper proportion in whole wheat flour to constitute a nearly perfect food. But when the wheat is ground and bolted, or sifted, the nitrates and phosphates, brain and muscle food, are extracted, and principally starch remains.

Beef, mutton and the flesh of other animals, contain, as does a grain of wheat, all of the fourteen elements of which the human body is composed, but in different proportions. The muscle making principles, proteids, in wheat are albumen and gluten; while in beef they are fibrin and albumen; but in chemical composition the principles of each agree so perfectly as to be considered mere modifications of the same substance, and, when dried, contain precisely the same elements and in about the same proportion. In wheat, the heat and fat producing principles are starch and sugar—principally starch, with a little fat; while in beef, it is only fat; but there is very little dif-

ference in the heat producing powers of wheat and beef.

The principal *nitrogenous* or muscle, brain and nerve foods are whole wheat bread (eggs, milk), lean meats, beans and peas, lean fishes, oysters, some kinds of nuts and cheese.

NON-NITROGENOUS, or carbonaceous food, heat producers, are fats, sugar, rice, starch, potatoes, vegetables in general, fruits, white bread, grains in general (eggs, milk), butter and lard.

A person performing hard manual labor, exposed to weather below zero, consumes different elements of food in different proportions from the person who sits still or does bookkeeping or other brain work in a room with the thermometer marking a temperature of 70 to 80 degrees F. The mechanic, or muscle worker, needs the muscle making nitrates and heat producing carbonates, while the other needs less nitrates and only sufficient carbonates to supply the elements of fuel, but he needs more of the phosphates to keep the brain and nervous system supplied.

One-twelfth of the solid matter of the brain, on an average, is found by chemical analysis to be phosphorous. The phosphatic food is found in the germ chit or eye of grain and seeds. "The proportion of phosphorus," says Dr. Bellows, "is found to be in proportion to the mental development and mental activity."

According to analyses made of the brains of children, idiots and men of different degrees of intellect and mental activity, by a celebrated French chemist, the uniform result obtained was that the greater the development of mind and activity, the larger per cent of phosphorus, and the fact was established that the action of the mind is dependent on phosphorus.

From an examination of tables of rations furnished the English, German, French and American soldiers in fighting condition, we find that their allowance varies from three to five ounces of nitrates and from sixteen to twenty-four ounces of carbonates per day, and this allowance furnishes the proper amount of phosphates, which are inseparably connected with the nitrates.

Physiology teaches that the blood is formed from the food we digest and is the fluid that nourishes and supplies all the elements of the body. This being true, then by the introduction of proper food and water into the stomach, exercise, pure fresh air and sunlight, and the exercise of pure and healthful thoughts, all physical ills would be unknown, except such as are caused by accident or contractions of the muscles, etc. It has been the custom, however, to introduce into the system all kinds of minerals and poisonous drugs for the avowed purpose of curing disease and purifying the blood. How disease can be cured or the blood purified by an element that is not a constituent of the body, is a question that has never been and never can be answered. (It is just as reasonable to purify water by pouring drugs into it, as to purify the blood by taking drugs.) Impurity or deficiency of the blood consists in some of the elements being in excess and other elements being deficient and by absorbing poisons from the alimentary canal, etc. By comparing the list of elements required by the body with a list of those which have been habitually supplied, it may be easily ascertained what elements are deficient; and having an analysis of the different articles of food in common use, which contain all of the fourteen elements of the body in different proportions, we may readily select the

food that will supply the deficient elements or avoid the excessive. It has been, and is now, the practice of physicians to prescribe iron, phosphorus, sulphur and other unorganized elements, in cases where the system seemed to require them, but it is now known by scientists that all elements must first be organized by the vegetable kingdom before they can be assimilated. By an unorganized element is meant an element taken directly from the inorganic or mineral kingdom, as preparations of iron, phosphorus, etc.

There are three material kingdoms: the inorganic or mineral, the vegetable, the herbivorous animal and carnivorous animal kingdoms. All things originate directly or indirectly in the inorganic or mineral kingdom, and to it all return. From the mineral kingdom matter can only pass to the vegetable kingdom. A part of this returns by natural decay, while a portion is consumed by the herbivorous animal kingdom; while a part of the herbivorous animals are devoured by the carnivorous animal kingdom, and these, in turn, perish and return to the bosom of Mother Earth. Such is the mysterious round of organization—the contest between life and death. Dr. Bellows says: "There is no proof that a single element was ever made to enter the blood or tissue as a part of their constituents, unless it was taken with and formed a part of some food, organized directly or indirectly by passing through some vegetable."

Dr. J. Francis Churchill, a French author, who has given great attention to the effects of different mineral elements on the human system, in an article headed "Danger of Iron in Consumption and Chlorosis," says that M. Trousseau, another very celebrated French physician, whose authority in

this country today is as high as that of any man living, has carefully investigated the effects of iron and, from a synopsis of the report of these investigations, he makes the following quotation:

“M. Trousseau has just given utterance to an authoritative and positive statement, which will no doubt surprise the profession everywhere. He declares that iron in any form, given in chlorotic affections (associated with anemia) to patients in whom consumptive diathesis exists, invariably fixes the diathesis and hastens the development of the tubercles. The iron may induce an artificial return to health; the physician may flatter himself that he has corrected the chlorotic condition of his patient, but to his surprise he will find the patient soon after falls into a phthisical state, from which there is no return. This result, or at least its hastening, M. Trousseau attributes to the iron. The assertion is a most startling one. M. Trousseau is, nevertheless, so certain of what he says, that he denounces the administration of iron in chlorosis as criminal in the highest degree.”

This opinion is confirmed by Dr. Bellows in a practice of forty years and furnishes proof sufficient that the iron, as well as phosphorus, must be introduced into the system only as organized for digestion in some plant, or a penalty must be paid. The excitement that follows the taking of iron is less active and less dangerous than after taking phosphorus, because it is less important for the system to reject it immediately; but it illustrates the arrangement of Providence and establishes the same principle. Phosphorus is an element that supplies the brain and nerves; it is the physical source of life itself and, when unorganized, is one of the most virulent poisonous elements in nature. In a man of average size are found nearly

two pounds of phosphorus doing its work quietly and harmlessly; but give one-half grain (1, $\frac{1}{2}$ grain is the fatal dose) of unorganized phosphorus to a healthy man and such an excitement of the brain is produced that delirium, inflammation and death might ensue. Should any amount be given organized in food, as oatmeal, barley or any food containing it, the system will assimilate what it requires and reject the rest without excitement or harm.

Chemical laws must always yield to vital laws, as all lower law must subserve to higher. All forms of organized matter, while living, possess a certain force. This force is life, sometimes called VITALITY, VITAL FORCE, VITAL LAW, LIVING FORCE, or SPIRIT. All life is a part of this acting, intelligent force or power. Every atom in the body has this life force. Every corpuscle of the blood contains this vital force and so long as this vital force is in the atoms and corpuscles, just so long does life rule; but when the life or vital force leaves the atoms, then chemical laws reign supreme,—the body returns to dust and the spirit, or vital force, to God who gave it.

FOOD CLASSIFIED ACCORDING TO ITS RICHNESS IN
THE DIFFERENT ELEMENTS REQUIRED
BY THE BODY.

A Human Body, weighing 154 pounds, contains 7.7 pounds of mineral matter (inorganic matter), of which about five-sixths, or 6.4 pounds is contained in the bones. The body when calcined (burned to ashes) is reduced to 7.7 pounds of ash, inorganic matter. All of our food substances contain, as does the human body, mineral or inorganic matter, which, however, has become or-

ganized from being brought into use and used by the Vegetable Kingdom. The Mineral Kingdom feeds the Vegetable Kingdom, and the Vegetable Kingdom feeds the Animal Kingdom and we may class man in a kingdom by himself and say the Vegetable and Animal Kingdoms feed the Human Kingdom.

Thus the lower kingdom feeds the higher all through life and when the human and the vegetable disintegrate they dissolve into their original elements, oxygen, carbon, hydrogen and nitrogen, four gases which are dispelled by the atmosphere, and the mineral matter returns to Mother earth. Thus nothing dies. All life is one continued round of change of building up and tearing down. A change in form only. All organic substances contain 5 per cent of mineral matter and this 5 per cent of mineral matter is absolutely essential to the growth and repair of the structure; death will surely ensue if the supply of this 5 per cent of mineral matter is cut off absolutely, even though all the other constituents are present and even though these mineral elements are supplied in an inorganic form.

Thus in every human body there must be the necessary proportion of the various inorganic elements to maintain and build up the organism. These inorganic salts or mineral elements are called the workers. Of a living human body, water constitutes over 70 per cent. Organic matter, as sugar fats and albuminous matter, about 25 per cent and the other 5 per cent the mineral matter.

The chief mineral or inorganic elements required in food are calcium (lime), natrium (soda), kalium (potassium), magnesia, phosphorus (sulphur), ferrum (iron), and a small amount of

chlorine, silica and fluorine. These elements are never found in the body in a free state, but rather in various combinations.

CALCIUM (calcareous or lime, symbol Ca) is found in the form of calcium carbonate, calcium fluoride, calcium phosphate and calcium sulphate. The infant requires about five and one-third grains of calcium a day, or one-third of a gram; an adult requires less. The salts of calcium enter largely in the composition of the bones and teeth. Calcium is associated constantly with cell growth in bones and many other tissues. The composition of bone, as given by Prof. Leffman, is as follows:

	Child. Pct.	Adult. Pct.	Teeth. Pct.
Calcium phosphate	50	60	68
Calcium carbonate	6	8	5
Magnesium phosphate	1	1.5	1
Organic matter	43	30.5	28
	100	100	100

Cretinism and goiter have been attributed in part to an excess of calcium salts in food, more especially in water, but this theory is questioned. Deposits of calcium salts occur in old abscesses, tubercular concretions, tartar on teeth, atheromatous blood vessels, the Arcus Senilis of the cornea and as Calculi (stone in the bladder, kidneys, gall, etc.). Of all liquid food containing calcium, milk is the richest and contains 23.2 grains of calcium per liter, or in one quart. There is, therefore, more lime in a quart of milk than in a quart of lime water. Hard water must be regarded as an important source of calcium.

The foods which contain calcium in the largest quantity range as follows, commencing with the highest and ending with the lowest, viz.: milk, figs, cabbage, lentils, lettuce, spinach, radishes, seafish, asparagus, strawberries, cocoanuts,

beechnuts, cucumber, onions, human milk, horse-radish, cauliflower, eggs, plums, blueberries, gooseberries, grapes, almonds, cherries, olives, beans, walnuts, carrots, peas, peaches, apples, chestnuts, oats, potatoes, meat (average), whole wheat bread, rye, rice, unpolished, oxblood, white flour, rice (polished), corn, barley.

Meat of full grown animals is poor in calcium, but veal, and other young animals, are quite rich. There are about two pounds of calcium in its various combinations in a human body weighing 145 pounds.

Children should have a diet rich in calcium to supply the growing cells in bones, teeth and other tissues.

MAGNESIUM (Mg) salts are present in foods, with and in about the same proportion as calcium, but there are exceptions. For instance, in milk there is less Mg than Ca, in meat there is more Mg than Ca, in bread there is five times as much Ca as Mg.

Magnesium phosphate is found in the blood corpuscles, and in the cells of muscle, brain, spinal marrow, nerves, bone and teeth. There are twelve to twenty grains of magnesium in the human body.

Foods which contain the largest quantity of magnesia are as follows, the order of which is according to the amount of Mg contained therein in proportion to the total food value, viz: Peas, beans, barley, rice (unpolished), spinach, lettuce, almonds, cabbage, beechnuts, cucumber, barley, figs, asparagus, radishes, cauliflower, seafish, carrots, apples, corn, blueberries, whole wheat, walnuts, oats, chestnuts, rye, potatoes, cherries, horse-radish, gooseberries, cow's milk, plums, onions, meat (average), grapes, peaches, lentils, human milk, eggs, rice (polished), white flour.

FERRUM (Fe). (Iron.) Iron is the one constituent always present in organic form and is mainly excreted in the feces, and this fact has led to great difficulty in attempting to estimate the amount of it required by the body daily. Stockman says there are about ten milligrams ($\frac{1}{8}$ of a grain) of iron contained in an ordinary mixed daily diet and that quantity must be regarded as sufficient to meet all physiological demands. It is difficult to give correct figures as to the amount of iron present in various foods, as the amount of iron in vegetables and fruits varies greatly with the amount of iron contained in the soil where the fruits or vegetables grow, and the same fact exists in regard to the other inorganic elements of food. The chemical composition of the soil of our farms and gardens is a very important subject if we would raise normal and healthy produce. The soil should be fertilized with mineral fertilizers. Give back to the soil what the last crop has taken away. Soil culture is one of the problems now before the American people. The Vegetable Kingdom requires healthy food in order to thrive just as essentially as does man. Prof. Hansel, a German scientist, has shown that the probable cause of more failures in fruit crops than anything else is from the drain and exhaustion of the necessary mineral matters of the soil. The foods richest in iron given in order as before are: Lentils, asparagus, lettuce, peas, figs, strawberries, spinach, plums, prunes, apples, oxblood, radishes, cucumber, gooseberries, horseradish, cauliflower, human milk, carrots, cherries, onions, barley, blueberries, cocoanuts, chestnuts, beechnuts, oats, milk, whole wheat, meat, walnuts, rye, rice (polished), white flour, etc. Some mineral waters are also rich in iron. *Iron* is found in the hæmoglo-

bin of the blood and in muscle and nerve cells. About 100 grains of iron have been found in a human body.

NATRIUM (Na) (sodium), in the form of natrium chloride, is required in the body for the proper constituents of its fluids. It is found as a constituent of the blood corpuscles and of the cells of every tissue of the body, and in all its fluids. Natrium phosphate is also found in the cells of all tissues, including the blood. Natrium sulphate also plays an important part in the metabolism of the body.

Natrium chloride forms about 60% of the salts of the blood. It is estimated that one-half ounce of natrium chloride is appropriated from the food daily. It is said that absence of natrium chloride from the diet will completely check the production of hydrochloric acid in the stomach. Over-doses of salt cause diarrhea and even gastro-enteritis and excite irritation of the nerves of the throat. Foods containing sodium in the largest quantity in proportion to food value are milk, lentils, figs, asparagus, spinach, radishes, oxblood, strawberries, cabbage, carrots, lettuce, seafish, cucumbers, eggs, apples, cauliflower, plums, blueberries, etc. About two ounces of sodium have been found in the body.

KALIUM (K.) or potash ranks next in importance to sodium. Kalium is found in the body in the form of phosphate, sulphate and chloride. Kalium phosphate and chloride are found in nearly every cell in the body. It is the builder of the positive brain cells and will be found deficient in all nervous disorders. The sulphate of kalium is found in all cells containing iron and effects the transfer of oxygen to all cells. Animal foods are richest in kalium; vegetable foods in natrium.



***Mr. H. B. Veerhusen, Harvey, Ill. Fasted 28 days.
Cured of Dropsy, Liver, Bowel and Heart Complications.
See page 206.***

The foods richest in kalium are as follows: Beans, lentils, peas, cocoanuts, potatoes, lettuce, cucumber, cauliflower, radishes, cabbage, olives, blueberries, carrots, asparagus, spinach, horseradish, sea-fish, plums, cherries, chestnuts, meat, grapes, strawberries, milk, apples, figs, gooseberries, onions, peaches, almonds, cocoanuts, wheat, rye, walnuts, eggs, oats, corn, barley, rice, oxblood, white flour, rice (polished), etc. About 300 grains of kalium have been found in the ashes of the body.

SULPHUR (S.) is present in food almost entirely in a state of organic combination, chiefly in proteids, and the amount present in different proteids varies greatly. Sulphur is derived from the sulphates. Nothing appears to be known of the advantage or disadvantage of an increased or diminished amount of sulphur in food, although it is supposed to increase our natural resistance against injurious impulses. Sulphur, in the form of sulphate of soda, sulphate of potassium and sulphate of lime, is found in the various tissues of the human body, but the sulphate of potash seems to predominate. There are nearly $2\frac{1}{2}$ ounces of sulphur in the human body.

Foods containing sulphur are as follows, in proportion to their richness, viz: Potatoes, peas, beans, asparagus, savoy cabbage, horseradish, spinach, cauliflower, radishes, cucumbers, lettuce, carrots, figs, strawberries, apples, cherries, gooseberries, onions, blueberries, grapes, oxblood, beans, chestnuts, plums, peas, beechnuts, peaches, cocoanut, barley, meat, oats, olives, milk, rye, corn, eggs, almonds, wheat, rice, white flour, walnuts, sea-fish. There are also certain waters which contain sulphur.

CHLORINE (C.) is a source of hydrochloric

acid in the stomach and is also said to stimulate the hæmoglobin of the blood to take up oxygen, when it becomes oxyhæmoglobin, and in this form the blood possesses the power to destroy germ life. About six parts of chlorine to fifty-six parts of oxygen exist in normal arterial blood. Natrium chloride and kalium chloride are found in nearly every cell of every tissue of the body. The foods that are richest in chlorine are as follows, viz: Cocoanuts, milk, lentils, asparagus, savoy cabbage, oxblood, lettuce, spinach, radishes, seafish, potatoes, cucumbers, human milk, eggs, carrots, cauliflower, meat (average), figs, strawberries, beech-nuts, onions, beans, horseradish, peas, cherries, grapes, corn, gooseberries, chestnuts, plums, wheat, olives, oats, rice, rye, barley, almonds, walnuts, blueberries, peaches, apples and white flour.

PHOSPHORUS (P.) as a building material can hardly be overrated. Wherever growth is most rapid there the most phosphorus is found. It enters into the composition of all cell nuclei and is abundantly present in the bones and central nervous system. It is very important in the food of growing children and, as stated before, the greater development of mind and activity, the larger the per cent of phosphorus. One-twelfth of the solid matter of the brain is phosphorus. Phosphates of iron, magnesia, calcium, kalium and sodium are found in the body which constitute in weight nearly two pounds. The phosphatic foods in richness are as follows, viz: Beans, peas, rice, cow's milk, seafish, cucumbers, spinach, cauliflower, meat, lettuce, asparagus, eggs, almonds, beechnuts, lentils, radishes, wheat, barley, rye, walnuts, strawberries, potatoes, corn, oats, carrots, blueberries, chestnuts, cherries, onions, plums, figs, olives, white flour.

FLUORINE (F.) in the form of fluoride of calcium is found in the surface of the bones, enamel of teeth, elastic fibers and cells of the epidermis. If sufficient of this element is not supplied the elastic fiber becomes lax, the spring or elasticity is lost and in consequence we have varicose veins, relaxed condition of the muscular system, falling of the womb, etc. Fluorine is found most abundantly in cereals, also in vegetables. About two ounces of fluorine are found in the human body. Foods containing fluorine are: Lettuce, cabbage, strawberries, rice, potatoes, barley, cucumbers, onions, nuts, apples, wheat, rye, corn, beans, peas, milk, oats, asparagus; white flour none.

SILICA (S.) is found in the hair, skin, nails, periosteum, neurilemma and a trace in bone. About two grains of silica have been found in the body. Foods containing silica are given in order of their richness in silica for food value, viz: Lettuce, savoy cabbage, strawberries, rice (unpolished), potatoes, barley, cucumbers, oats, asparagus, spinach, horseradish, cauliflower, cherries, onions, figs, carrots, apples, plums, beechnuts, radishes, gooseberries, grapes, chestnuts, whole wheat, meat, blueberries, corn, oxblood, rye, peas, peaches, beans, olives, eggs, rice (polished), coconuts, milk, and white flour none.

Thus we find that if we eat *natural* food, food prepared as *Nature* gives it to us, we will have no trouble in supplying all of the elements the human body requires, but when man tries to improve the food as given to us by Nature by extracting some of its principles, the food value is lessened and it remains no longer a perfect food. Take wheat as an example: A more perfect food can hardly be found than wheat in its natural state. It supplies all elements required by the body and in about the

proper proportions, but when it comes to us as white flour (superfine, four or five X's) its food value is lessened very materially and principally starch remains. It is an undisputed and veritable fact that an animal or man will live longer on an absolute fast than he will on pure starch. The whole wheat flour is the staff of life, but superfine white flour is the staff of death. And why is it that whole wheat flour is not used more, you ask? Because it cannot be found on the market. Whole wheat flour is rich in nitrogen and it will not keep—it becomes wormy. It must be ground fresh every week or two; it is full of life and is life-giving and will not keep as does the dead, superfine white flour which is principally starch, and which will keep in storage indefinitely. The phosphates and nitrates—the brain and muscle foods—have been nearly all extracted in removing the bran and extracting the chit or eye of the grain in manufacturing superfine white flour. What elements are found in pure starch? Carbon, hydrogen and oxygen only. White flour is the poorest food one can eat. Examine the foods mentioned in the preceding pages as to their value in supplying the necessary cell salts or mineral elements and white flour will be found near the bottom of the list in every case, and in some instances supplies no mineral elements at all, as the fluorine, silica, phosphorus, chlorine, etc., have been removed with the bran and chit. No wonder the American people are becoming a toothless race, and so long as they live principally on white flour, sugar and fats they will remain so.

People must learn to eat natural foods if they would have health. Remember that starches, sugars and fats of all kinds are composed of carbon, oxygen and hydrogen and that the human body

must have the entire fourteen chemical elements in the proper proportion and quantity to enable the Vital Force to build and keep in repair a healthy organism. Thus the human body is built up by these fourteen chemical elements as we build up words and sentences with the twenty-six letters of the alphabet. We may build any kind of a sentence we wish, *good* or *bad*, by the use of these same twenty-six letters, and we may build up a *healthy* or *sickly* body by the use of these fourteen chemical elements. What kind of a body have you, reader? If a poor one, it is not yet too late to put it in very fair condition if you are not over fifty years of age. My father was supposed to be on his deathbed when he was seventy-three years of age. He had tried all sorts of medicines but continually grew worse. I was practicing in Minneapolis, Minn., at the time. I moved to the old home to take care of him. Learning that I practiced drugless healing, he said: "How do you expect to cure me without medicine?" I stated that the power that cures is in man, not in drugs. From a skeleton when I took charge of him he regained a good degree of health and on Sunday, July 7, 1907, eight years since his sickness, and at the age of nearly eighty-two years, I had the pleasure of attending St. Mathias' Episcopal Church at Waukesha, Wis., with him and mother and to hear him sing in the choir, a place he has filled for fifty years.

FOOD REQUIRED IN DIFFERENT FORMS OF DISEASE.

Let us now return to the mineral elements, the workers — these overlooked and neglected tissue builders or cell salts—and learn more about their use and importance in the human body in the treatment of disease.

CALCIUM SALTS (three combinations), being in great predominance, must be of great value in the human body. Twelve times as much calcium in the form of phosphate is found as of any other of the mineral elements. Bone contains 50% in the child and in the adult 60% of calcium phosphate. If sufficient of the lime salts are not furnished to the growing infant, the bones are poorly developed and so soft that they bend under the weight of the body. This constitutes one of the principal symptoms of rachitis or rickets, although a similar condition may exist when there is an excess of calcium salts in the blood. Calcium is also important in the formation of new cells. Foods containing calcium salts are always indicated in childhood for the development of the bones and teeth, also in chronic, wasting disease, poor vitality, deficient development of children, relaxed conditions of any tissues or organs. The lime salts work with albumen and use it as a cement to build up the structure of bone.

Of the three sodium salts, natrium chloride ranks next as a food and works with water, properly distributing it through the system. The lack of Na Cl. interferes with many functions of the body immediately concerned with nutrition, as absorption (osmosis), secretion, etc. It alters the reaction and density of the different fluids of the body.

POTASSIUM ranks third, with its three different combinations, and is associated in some way with the vital work of the body. It is a great brain and nerve food, hence indicated in nervousness and sleeplessness. Scurvy is produced by a lack of potash intensified by a use of common salt, hence is cured by a diet of fresh fruits and vegetables, potassium foods.

IRON FOODS are very essential, as there must be the proper quantity of iron in the blood to carry oxygen to all parts of the body. If the supply of iron is short, then what iron there is present must do double duty, hence the circulation must increase; to increase the circulation means higher temperature, more work for the heart and lungs. Lack of iron hence impoverishes the coloring matter of the red blood cells, on which depends their oxygen-carrying power, and anemia, chlorosis, consumption and other disorders of deficient oxidation result.

Magnesium foods seem to influence the bone and nerve structure principally.

Silicon foods are used in the construction of the connective tissue cells of the skin, hair, teeth and nails.

These few examples will tend to give an idea of the great diversity of roles performed by the twelve mineral elements and the need of them in a properly balanced diet and also suggests the question: *What is Food?* Our answer is: Food is that substance or combination of elements which, when taken into the body, is made use of by the Vital Force to build up, maintain and repair the Vital Domain.

Prof. Robt. Hutchinson defines a food as "anything which, when taken into the body, is capable either of repairing its waste or of furnishing it with material from which to produce heat or nervous or muscular work."

What are the functions of Food? There is a question now being raised as to the correctness of the usual definitions of a food. All agree that food builds up the tissues and repairs the waste of the body. But as to food supplying heat and energy, as many claim, there is a question. Dr.

A. Rabagliati, of England, comes forward and offers proof that food does not supply energy to the body in any way. And that neither does it supply heat. I quote from "The Functions of Food in the Body," by Dr. Rabagliati:

"According to opinions so generally accepted, as that it may be said to be universally so, the functions or uses which food subserves in the human body are three. These are:

"1. Food must be taken into the body in order to repair the waste which the body sustains in doing or performing work. It must also be taken in order to provide material out of which the growing body is formed. I admit the truth of this proposition in both its forms.

"2. Food must, it is said, be taken in order to provide the source or material from which comes the energy of life. The work done by the body comes, it is said, from the food. There are, however, two views as to how this comes about. Some think that the work comes from the consumption of the bodily tissues themselves, while others think that food oxidation is the source of the work, without the necessity of its first being converted into body stuff. On both these views, however, the food may be considered as the source of the work of the body, because the body is made from the food. On the former view the food is the somewhat remote source of the work-energy of the body; on the latter view the food is the immediate source.

"3. The third accepted, or almost universally accepted view, as to the function of food, and the need of taking it into the human body, is that it is said to be the source of the heat of the body. The food is believed to provide the heat by which the body of a warm-blooded human being is main-

tained at a temperature many degrees higher than that of the air (or water or earth) in or on which he lives.

“I am sorry to say that I disagree with the belief, the common scientific belief, in the truth of both of these last two opinions. I am perfectly certain that the food is not the cause of the work of the body, either of its intellectual, moral, emotional, or volitional work on the one hand, or of the mechanical work of the body, whether internal, as in the various manifestations of functional activity, or external, as in locomotion, or the doing of what is commonly called work, on the other. The food has no relation whatever to these things, other than that very indirect one which is connected with the first admitted function of food, namely, the building up of the bodily structures, so as to fit them to be the means or medium through which energy acts. The body is, in my view, a medium for the reception, storage and transmission of energy, but neither it, nor the food out of which it is made, is the source of the energy. Nextly, I think it is open to very grave question whether the oxidation of food is the cause even of the maintenance of the bodily temperature. The task of this treatise is to put the reader in possession of the evidence which has made me quite certain on the first point and almost so as to the second.”

This brochure I have just received from Dr. Rabagliati, for which I am very thankful. I have not the time or space to go into discussion of the question, but wish to bring it to the notice of the public. I have always contended that the human body derived its energy otherwise than can be explained by the food ingested and digested. I proved that very conclusively to my *own* mind

during my fast, when I possessed the same amount of strength at the end as I had at the beginning of the fast, and so far as temperature was concerned, my temperature was normal the entire period of thirty-one days without food. Truly, the contention of the learned Dr. Rabagliati deserves careful consideration and study before denial. Old theories are fast being dethroned in the light of modern study and research, and of this wonderful body of ours, this temple of the indwelling spirit, are new faculties, functions and capabilities continually being discovered.

Food, then, supplies the necessary elements which are required by the vital force in building, maintaining and repairing the body. But food cannot impart more than it contains. Dead food cells cannot make living blood cells, but rather the living cells of the body use the mineral elements of the food to work with the fluids of the living body to build new cells, in connection with the life-giving oxygen—the breath of life—as every cell must contain oxygen. The human body may be likened to a great movable or automatic manufacturing plant with its many complicated animated machines. The *brain* system is the motor that supplies the power, force or energy for operating the various machines and moving the entire plant at will. The *nerves* are the belts that run to the different machines over which the electric current passes from the brain to operate them. *Food* is the raw material which is first ground and pulverized in the mouth and mixed with dissolving juices, then given to the stomach, where it is further mixed and churned and more juices added to the mixture, which is elaborated, assorted and passed to the blood stream to be conveyed to other organs of elaboration and perfection, thence

on in the blood stream throughout the entire body to supply the elements necessary for the repair of the various machines of the body as well as the building or structure which contains these machines. The many different machines as the heart, lungs, liver, stomach, bowels, kidneys, bladder, pancreas, spleen, blood vessels, etc., all have their parts to perform in preparing this raw material. The *vital force* is the master mechanic, the inherent, indwelling animated power that superintends the entire plant and is ever on the alert for strikes or friction among the workmen. Every cell of the organism is endowed with life and mind, which thinks, eats, works and reproduces, dies and is taken to the crematory, burned up and cast out of the body to make room for living cells which are being continually produced.

The oxygen of the air breathed and the electric currents generated by the working or friction of the various machines produces the necessary heat to maintain the temperature of the entire plant at 98.6 degrees Fahrenheit.

The motor, the brain system, receives its energy or power while we rest and sleep and not from food, otherwise we would not need sleep, but when tired out could eat more food and thus obtain strength.

The *brain and nervous system* may be compared to a storage battery which is recharged every night and during the day furnishes the power and energy necessary for the performance of manual work and the current to run the entire plant with its animated and complicated machinery. The force, power or energy in a muscle is derived from the brain system and not from the food ingested and digested, otherwise the more food eaten, the more power and strength of mind and body. The

converse we find to be true, viz: All food eaten, over and above sufficient to repair the body waste, clogs the body and mind and weakens and deprives the brain system. Cut the motor nerve running to any muscle and note how quickly the power of that muscle is lost. You have no doubt seen a person paralyzed in both limbs or in one lateral half of the body, unable to move a finger or a toe, occasioned by an injury, a particle of bone, or a blood clot pressing upon the particular center of the brain that supplies nerve fibers to the affected parts over which the power or nervous energy passed from the brain. When the pressure is removed the muscles begin to function and movement is restored to the limb, but no amount of food would restore strength and movement. When the body is clogged from overeating and one feels so weak and languid he can hardly move, a fast of twenty-four to forty-eight hours will clear the system and bring strength and vigor. Dr. Rabagliati cites a case of a man who had been sick many years with a very bad stomach. The doctor prescribed a fast of thirty-five days. When the fast was prescribed the man was very weak and his temperature was below normal and had been for several years. On the twenty-eighth day of the fast the temperature rose to normal, the man gained rapidly in health and strength and the body temperature increased, and all this without food. I have had the same experience in several cases where people had been ill for years, were so weak they could scarcely walk around, and still they were eating three meals a day and lunches in between. I have stopped the eating for twenty-four or forty-eight hours or more, with an increase of strength and improvement in every way in every case.

What the human body requires is more oxygen and sleep and less food. Eight hours' work, eight hours' sleep, eight hours' rest, and two light meals a day, one at noon, the other at evening, would rejuvenate the human race in a short time.

The diet question is not so much one of *what* we shall eat, as one of *how* and *when* shall we eat, it being understood, of course, that nothing but natural food be eaten. This brings up the question, What are natural foods? Natural foods are such foods as are grown and prepared by the great analytical and synthetical chemist, Nature, in her laboratory, Mother Earth, vitalized by the life-giving sun and oxygen. All vegetables, cereals, fruits, nuts, legumes, pulses, milk and its products, eggs, animal foods, seafoods—these foods in the proper combinations contain all of the elements necessary for the upbuilding, repair and maintenance of the human body. Use the cereals, however, before the miller and manufacturer has had a chance to mill them and extract the most valuable food portions and leave us principally starch.

Following is a classification of foods according to the generally accepted theories:

This table has taken much time in its preparation and contains a great amount of valuable information regarding the classification of the various food substances, their chemical composition in terms of average percentage of elements, the amount of each class in grams per day necessary for the repair of body waste, etc., the function of the various foods in the body and the end products of the oxidation of the different classes of food. The unorganized ferments or enzymes found in the organism which convert the proteids, carbohydrates and fats into less complex

No.	Class or Order of Food.	Chemical Composition.	Per Cent.	Per Cent in Body.	Function or use in the body and Products of Oxidation.	Daily Grams Required.	Heat Value or Calories.
No. 1	Protein or Protoid or Nitrogenous or Albuminous { Meat Albumen } { Fowl Fibrin } { Eggs Albumen } { Milk Casein } Vegetable Food { Peas } { Beans (Legumin) } { Lentils } { Gluten } Nuts (most varieties) (C. H. N. O. S. P., etc.)	Carbon Nitrogen Oxygen Hydrogen Sulphur Phosphorus & cell salts...	.53 .16 .22 .07 .015 .005 100.0	Class 1 16	Proteids supply all the elements of the body, but contain too large a percentage of nitrogen to be a balanced Food. Build tissues and repair them; muscles, nerve, brain, etc.; also produce heat and force for work. End products of Oxidation of proteids are Urea, Uric Acid and H ₂ SO ₄ , CO ₂ , H ₂ O, and salts set free.	a b 60 118 $60 \times 4.1 = 246$, 453.8	a b 60 118 $60 \times 4.1 = 246$, 453.8
No. 2	Carbohydrates or Cereals—Fruits—Vegetables Starch, Fructose Sugar Gum Glucose (C. H. O.)	Carbon Oxygen Hydrogen	45 49 6 100	Class 2 .01	Force Producers, for work and heat. Work and fuel foods. End Products, CO ₂ , H ₂ O, salts set free.	a b 480 500 $480 \times 4.1 = 1968$, 2060	a b 480 500 $480 \times 4.1 = 1968$, 2060
No. 3	Fats and Oils { Vegetable and Animal } { Nuts Butter } { Olives Cheese } { Lard, etc. } (C. H. O.)	Hydrogen Carbon Oxygen	12 76 12 100	Class 3 13	Fuel and work foods. End products are CO ₂ , and H ₂ O.	a b 50 53 $50 \times 9.3 = 465$, 539.4	a b 50 53 $50 \times 9.3 = 465$, 539.4
No. 4	Mineral elements. Found also in class 1-2-3. (Waters) Cell Salts.	5 Phosphates. 3 Sulphates 3 Carbonates 2 Chlorides 1 Fluoride 1 Silicate	100	Class 4 .05	Tissue builders—the workers. Sources of potential energy. Retaining Osmotic tension of fluids. Work with albumen—fibrin—water—oxygen. Must be supplied in organic form.	a b 580 676 2879, 3073.2 Totals	a b 580 676 2879, 3073.2 Totals
No. 5	(Water H ₂ O) Certain waters contain also some of the Mineral Elements.	Hydrogen Oxygen	1/9 8/9	Class 5 65 75	Nature's solvent. 72-100 oz. = Tissue builders. Distributed body heat.	2160 to 3000 grams	2160 to 3000 grams

a—New standard for 24 hours.
b—Volt standard for 24 hours.

bodies, which are then absorbed and diffused throughout the body and assimilated, are as follows, viz:

1. Amylotic, which convert starches and glycogen into glucose.
Ex. ptyalin, amylopsin, diastase, glucase.
2. Proteolytic, which convert proteids into proteoses and peptones.
Ex. pepsin, trypsin.
3. Steatolytic, which split fats into fatty acids and glycerine.
Ex. steapsin.
4. Inversive, which change cane sugar, maltose and lactose to glucose or grape sugar.
Ex. invertin of intestinal juice and yeast cells.
5. Coagulative, which convert soluble into insoluble proteids.
Ex. Rennet, fibrin ferment, myosin ferment.
6. Glucase, which converts maltose to dextrose.
Found in saliva, pancreatic and gastric juices.

These enzymes are essential to digestion. Some act in an alkaline medium, others in acid, and each has a certain temperature at which it does its best work.

The digestive process is very complex, but we give a brief synopsis of the various stages of digestion of the different classes of food, as follows:

1. The digestion of *proteid*, albuminous, or nitrogenous food is commenced in the *stomach*, where it undergoes the action of the enzymes of the gastric juice, viz. (a) pepsin acts on albumen, (b) rennin coagulates milk, and (c) glucase converts starch into sugar. There is always a little carbohydrate found with proteid food. The digestion is continued in the (2) *duodenum* by the (d) trypsin of the pancreatic juice, which converts proteids and albuminoids into peptones and

proteoses, which are next absorbed by the blood vessels and lymphatics of the intestinal mucous membrane during their journey of twenty feet or more to the ileocecal valve which admits the mass, which is now nearly all refuse, to the (3) *colon* (large intestine), where (e) bacterial action takes place on the remaining undigested proteids and carbohydrates, reducing them by fermentation and putrefaction to various acid end products and gases which escape by the rectum. The colon is not, properly speaking, a part of the digestive canal but rather a receptacle for the end products of digestion, waste matter, which is conveyed to the outer world.

2. The digestion of *carbohydrates* or non-nitrogenous (CHO) food is begun in the (1) *mouth*, where the enzyme (a) *ptyalin* of the saliva converts starch into sugar, and (b) *glucose* converts maltose to dextrose; the mass passes to the (2) *stomach*, where the (c) *glucose* there is thought to continue the conversion of maltose to dextrose. The mass now passes out of the stomach into the (3) *duodenum*, where (d) *amyllopsin* continues the action on starch, changing it to maltose and the (e) *glucose* converts it to dextrose; it passes along in the (4) *small intestine*, where the (f) *invertin* of the intestinal juice converts maltose and cane sugar into maltose and levulose, and the (g) *bile* assists action on fats and starch; the product of digestion is now absorbed by the lacteals throughout the small intestine. There is also a (h) bacterial action in the lower part of the small intestine which forms organic acids.

The unabsorbed material is now passed through the ileocecal valve into the (5) *colon*, where (i) bacterial action is continued on any undi-

gested material which may have escaped the action of the various enzymes in the digestive tract, and a numebr of products are formed such as indol, skatol, phenol, amido acids, fatty acids, sulphuretted hydrogen, methane, etc., which are passed out through the rectum with the digestive ash.

3. The digestion of *fats* or carbonaceous (CHO) food is commenced in the (1) stomach, where the fat cells are liberated from the connective tissue in an acid medium; it is then conveyed to the (2) duodenum, where the enzyme (a) steapsin splits the fats and changes them to fatty acids and glycerine; it passed on in the *small* (3) intestine, where the action is continued by the (b) bile, which assists digestion by emulsifying and saponifying the fats, and also starch, which with lymph form chyle, and the chyle is absorbed by the lacteals; any indigestible refuse is passed on to the colon and is from thence discharged as in the digestion of proteids and carbohydrates.

The action of the different enzymes of the organism is one which science has been unable to solve. Each enzyme is a law unto itself. For their favorable action the temperature of the body must be exact. In subnormal and hypernormal temperature there is little or no secretion and little or no digestion, the enzymes will not act; hence the great mistake of feeding the sick when there is no appetite and no desire for food. The food may be swallowed, but it will lie in the stomach and ferment instead of being digested, and in this way becomes detrimental to the body instead of beneficial. It is impossible to force food upon the cells of the body. Every cell is endowed with mind; the body thinks all over, and acts because it thinks, for thought precedes all action. We may

with our conscious mind mistake a poisonous preparation for food or think that a certain prepared dish is digestible and nourishing, but when it reaches the stomach, and the cells of that organ pass upon it, they often reject it as unfit for the use of the body, sound an alarm and the intruding mass is by the act of vomiting expelled from the stomach before much harm is accomplished. Sometimes the offending material is passed on through the alimentary tract, the cells furnishing abundance of watery secretion, and we have diarrhea. All action of the organism is vital action and is prompt or slow, according to the condition of the nervous system. Digestion and assimilation of food is a tax on the vital energy of the body and increases the work of the stomach, liver, bowels, heart, lungs and kidneys. The more food ingested the more work for these already overworked organs. How, then, will increasing the work of the vital organs assist in healing the sick, when the organism is already overworked? All work of the body is performed by the cells of the body; hence all treatment must be directed to the cells; as the cells of any particular organ are healthy or diseased, so the whole organ is healthy or diseased. Now, if the cells of the body are furnished with natural food in the proper amount and whenever it is required, and plenty of pure water and oxygen and the proper amount of exercise is taken to help with the process of elimination, and the necessary amount of sleep is given to rest and recuperate the human machine, there would be no sickness except such as is occasioned by traumatism. Sickness comes from within, not from without. Germs cannot live in pure blood; there must be the proper soil, the proper food for germs, before they can thrive. Have you not no-



*The Author's Daughter, Dr. Pearl Eales Brooks,
Osteopathic Physician.*

ticed that when conditions change, new growths appear? For instance, burn the grass from a patch of prairie land or make a fire in a certain spot and keep it burning long enough to burn every vestige of vegetation and hot enough so that the soil is heated sufficiently to destroy any seeds that may be therein, and invariably a weed grows on that spot called fire weed, for the reason it appears wherever there has been a fire burning. Where did the seed come from that produced the growth? Is it not due to a changed condition of the soil? A certain kind of a fly or a gnat is found to hover over a lime kiln and is found in no other place; is it not due to condition? We might continue indefinitely along this line, but believe sufficient has been written to call attention to this matter, which is all we can expect to do in a book of this size. Disease, then, is brought about by a condition of the system, and over 90% of disease conditions can be traced to errors in diet. Many are the results of toxic (poison) conditions developed in connection with the physiological processes of digestion, metabolism, nutrition and secretion, when elimination or any of the vital processes of the body are impaired. Also toxemia from over-ingestion of food, followed by improper digestion and fermentation, and toxemia from the use of poisonous drugs, patent medicines, alcoholic liquors, improper food, etc. Back of the present acute manifestation of disease is a long train of abnormal processes pertaining to ingestion, digestion, assimilation, nutrition and elimination. The cells of the body which are the battleground have been fighting for days, weeks, and perhaps months or years, to rid the system of the poisons which are causing the trouble. Perfect elimination is just as essential to the health of the body as per-

fect digestion. The poisons, if not eliminated, begin an intoxicating action on the nervous system; when too much food is eaten the cells are kept too busy attending to their last meal and have not the time to attend to the body, housecleaning and ridding it of the accumulated poisons, and the ultimate trend of all these accumulating poisons is to undermine the nervous system.

Dr. Hill, professor of chemistry in the University of Denver, Colo., says: "The poisons generated in the body, which lead to abnormal cell-reactions of disease, are generally of intracellular (Katabolic) or gastrointestinal origin and are formed by autolysis, disassimilation, abnormal secretion, fermentation and putrefaction. A general rule is that the waste products of any organism are deleterious to it and may cause death—the toxicity of these products varies in proportion with the complexity of their molecules. By vitiation of the interstitial plasma they cause arteriosclerosis and degeneration of protoplasm with increase of nitrogen output. Autointoxication creates, by depraving nutrition, the morbid opportunity essential for the pathogenic action of the nearly omnipresent germs, which poison the body by means of their toxins. Conversely, autogenic poisons are augmented in infected organisms through increased febrile disassimilation and elementary putrefaction. The varying susceptibility of different individuals to toxic substances depends probably on peculiar cell reaction and especially on defective elimination. *Autointoxication is, in my opinion, the chief underlying factor in most chronic pathogenic conditions and in the acute form of food poisoning is encountered more frequently than any other Syndrome.*" (The italics are mine.) This view of the cause of disease

is becoming quite general among the more prominent physicians and they consequently are broadening their views and must eventually accept and endorse our entire theory, for if disease is caused by the overingestion of food with the consequent indigestion and malassimilation of the same, with the consequent trend to intoxication of the nervous system, then to cure disease we must commence with the diet. See that the proper amount is properly eaten and contains the proper elements. This is the cause and cure of over 90% of disease in a nutshell, and all must come to the knowledge of it sooner or later. "Truth is mighty and will prevail." Wherever there is being performed the chemistry of life, there toxins will be found, for they are being constantly formed in every cell of the body and their accumulation in the body would soon destroy life. The urine of fifty-two hours or the bile of eight hours will kill a man. The carbon dioxide exhaled in one day would kill many times if retained. Varnish the skin of a child and stop the insensible perspiration and the child will die. This was discovered accidentally when a child was gilded over at an ancient festival to represent an angel and the child became an angel—died. When the bowels or skin become clogged the system is quickly saturated with poison. That is the reason daily exercise is required to keep the blood circulating and all of the organs and tissues of the body at work throwing off poisons. To give an idea of the amount of work that must be performed by the stomach and other organs during a lifetime we give the estimate of Soyer, who has computed tables of the quantity of food consumed by an ordinary man during sixty years of life after early childhood. He places the total at $33\frac{3}{4}$ tons of meat, vegetables and farinaceous

food (water-free food) during that time. He further states that an ordinary man by the time he has attained 70 years has eaten 30 oxen, 200 sheep, 100 calves, 200 lambs, 50 pigs, 1,200 fowl, 300 turkeys, 24,000 eggs, $4\frac{1}{2}$ tons of bread (9,000 loaves of one pound each), 3,000 gallons of tea and coffee. A vegetarian, of course, would consume other than flesh foods. Another writer estimates that a healthy adult male will consume, including all food materials, solids, water and respiratory oxygen, $1\frac{1}{2}$ tons each year. These computations are made according to ordinary standard dietary tables which, according to the latest investigations, are *all too high*, but they give an idea of the amount of work performed by the cells of the body. Under the usual dietary tables it is considered that the body requires, each *twenty-four* hours, 320 grams of carbon (nearly 11 ounces), and 20 grams of nitrogen (two-thirds of an ounce). A diet containing this average would be about as follows, viz:

	Carbon. Grams.	Nitrogen. Grams.
1 lb. of bread.....	118	5
$\frac{1}{2}$ lb. meat.....	35	7
$\frac{1}{4}$ lb. fat.....	85	0
1 lb. potatoes.....	45	1.3
$\frac{1}{2}$ pt. milk.....	20	1
$\frac{1}{2}$ lb. eggs (2 eggs).....	15	2
$\frac{1}{8}$ lb. cheese.....	20	3
3 $\frac{3}{8}$ lbs. in 24 hours.....	338	19.3

This is entirely too much, as we will prove later on. According to a comparison of fifteen different dietary tables by that many different writers in various parts of the world we find the average to be as follows for each *twenty-four hours* (all computations in diet are made for twenty-four hours):

	Grams.	Oz.	Carbon.	Nitrogen
Protelds	122 or 4 $\frac{3}{30}$	contains	64.6	19.5
Fats	84 or 2 $\frac{24}{30}$	contains	63.6	0
Carbohydrates	435 or 14 $\frac{15}{30}$	contains	195.7	0
Total.....	641 or 21 $\frac{12}{30}$	contains	324.1	19.5

The above would supply 324.1 grams of carbon and 19.5 grams of nitrogen.

Prof. Carl Voit, of Munich, is generally quoted as being a fair average. He allows 118 grams of proteids, 56 of fat and 500 of carbohydrate food for each twenty-four hours, giving 18.88 grams of nitrogen and 320.1 grams of carbon, which, you will notice, varies but little from the average of the fifteen different writers as given above.

Landois and Stirling give the following as a standard diet, viz:

Grams.	C	H	N	O
120 proteid containing.....	64.18	8.60	18.88	28.34
90 fat containing.....	70.20	10.26	9.54
330 carbohydrates containing.....	146.82	20.33	162.85
540	281.20	39.19	18.88	200.73

Add 744.11 grams of O from the air by respiration and 2.818 grams of water and 32 grams of inorganic salts.

The same adult eliminates as follows in grams:

	H ₂ O	C	H	N	O
By respiration—lungs	330	248.8	0	2	651.15
By perspiration—skin	660	2.6	0	0	7.2
By urine—kidneys	1,700	9.8	3.3	15.8	11.1
By feces—bowels	128	20.0	3.0	3.0	12.0
Total	2,818	281.2	6.3	18.8	681.45

About 26 grams of the inorganic salts are eliminated in the urine and 6 grams in the feces. The Excreta are approximately divided as follows:

Lungs and skin.. 49%	By the lungs—respiration—(O & C)...	32%
Urine and feces.. 51%	By the skin—evaporation—(O & C)...	17%
	By the kidneys—urine—O, C, H, N....	46%
100%	By the bowels—feces—O, C, H, N.....	5%
		100%

To ascertain the amount of O C H N, etc., in your food, multiply the amount of proteid, fat and carbohydrate food in grams or ounces by the per-

centage of O C H N, etc., it contains as given in the following:

Proteid food, albuminous or nitrogenous food, as meat, eggs, milk, peas, beans, lentils, etc., contains an average of C, 53%; O, 22%; H, 7%; N, 16%; P, .05%; S, 1.5%.

Fats and oils contain on an average C, 76%; O, 12%; H, 12%; N, .0%.

Carbohydrates, non-nitrogenous, carbonaceous or starchy food, as vegetables, grains, etc., contain on an average C, 45%; O, 49%; H, 6%; N, 0%.

This is the usual method of computation, but the carbohydrates contain a little nitrogen, especially all whole cereals, as whole wheat, rye, barley, etc. To find the heat value or calories in food proceed as follows: Multiply the *proteids* in grams, ounces or pounds by 4.1, the *carbohydrates* by 4.1 and the *fats* by 9.3. To illustrate, we take the daily twenty-four hours' allowance of food as given by Prof. Chittenden, director of Sheffield Scientific School of Yale University, and professor of physiological chemistry, after several years of test experiments, lately closed, showing and proving that the nitrogen allowance in all the former standard dietary tables is *altogether* too high and that health, strength, nerve force, blood and every bodily function is improved under a low proteid diet, even lower than we give in the following table, viz:

	Oz.		Grams.	C	O	H	N	S	Calories.
Proteids	2	or	60	31.8	13.2	4.2	9.6	0.9	246
Fats	1.66	or	50	38.0	6.0	6.0	0	0	465
Carbohydrates ..	16	or	480	216.0	235.2	28.8	0	0	1,968
Total.....	19.66	or	590	285.8	254.4	39	9.6	0.9	2,679

Ex. 60 grams of proteids \times 53%, which amount of carbon proteids contain, gives 31.8 grams of

carbon. 50 grams of fat \times 76%, the percentage of C in fat, gives 38 grams of carbon. 480 grams of carbohydrates \times 45%, the percentage of C in carbohydrates, gives 216 grams of carbon. Now proceed the same to ascertain the amount of O H N and S. To find the heat value or calories in the above, multiply the proteids by 4.1. $60 \times 4.1 = 246$ calories. 50 grams of fat $\times 9.3 = 465$ calories. 480 grams of carbohydrates multiplied by 4.1 gives 1968 calories, thus the total heat value of the above twenty-four hours' diet is 2679 calories, which is ample for a good hard day's work. The Voit standard is 3.055 calories, which is unnecessarily high. To give an idea of what an allowance such as indicated above will consist of we submit the following as a diet for twenty-four hours:

Proteid, meat	2	oz.	or	60 grams
Fat, butter and fat of meat.....	1.66	oz.	or	50 grams
Carbohydrates—				
Bread, eight slices.....	8	oz.		
Potatoes	4	oz.	} or 480 grams	
Rice, turnip, carrot, etc.....	4	oz.		
Total	19.66	oz.		or 590 grams

The principal difference between the *new* standard and the Voit standard is that of *nitrogen*, the Voit standard giving 118 grams of proteid and the new standard giving 60. There is only a little difference in the fat and carbohydrates in the old and new standard. But how few there are that will confine themselves to any standard. Instead of eating less than 4 ounces or 118 grams of meat or other proteid food in three meals, as allowed by the Voit standard, they are more likely to eat four ounces of meat three times a day and the same with the fat and carbohydrate food, hence they will eat three or four times more than is required by the body according to the highest stand-

ard we have, to say nothing about lunches which are often eaten, containing as much as a full meal. Stop and consider this matter—how long do you think the system can stand the overwork imposed upon it daily? Remember that every mouthful of food eaten means work and strain on the nervous system. That every mouthful eaten, over and above the necessary requirement of the body, is not only a waste of money and food but, what is more, a waste of energy, overwork for the stomach, liver, bowels, kidneys, skin, heart, pancreas, spleen and every organ and gland in the body, and it is the predisposing cause of innumerable disease conditions. *Proteid* food in excess and if continued promotes the uric acid diathesis, manifesting itself in rheumatism of different kinds or names, gout, gravel, oxaluria, diabetes, ammonuria, and various other conditions due to overwork of the digestive organs.

Carbohydrate or starchy food in excess, and long continued, fills the system with carbon and is liable to produce the rheumatic diathesis by the development of lactic acid; it also disposes to febrile conditions.

Fatty food in excess and long continued is liable to result in the bilious diathesis, all manner of trouble with the liver, a clogging of the system with carbon.

How can fathers and mothers expect to have healthy children when they are fed from childhood on white bread and butter, flour puddings, sweet cakes, pie crust, confectioneries, etc., all heavy carbon foods which keep the system in a heated, feverish condition? No fruit or vegetables, or very little to assist in eliminating the impurities from the excess of carbon, and no coarse whole

wheat bread, milk, fish, etc., to supply the mineral elements necessary. The teeth and bony system suffer. The country is filled with dentists and it is rare that a perfect set of teeth is found, all due to errors in diet. Why don't the animals require dentists? It is true some domesticated animals do have poor teeth, but it is because they have to eat what they can get and cannot choose their food. But examine the teeth of wild animals and races who live on natural food and you will always find a perfect set of teeth. These facts furnish food for thought. This is not theory, but solid truth.

Diet in Sickness. The first, or one of the first, symptoms usually noticed is the failing appetite, which is a clear indication that nature is closing up the food mill for repairs. If sudden sickness occurs when the stomach is full, or if a serious accident occurs which would bring on inflammation, Nature immediately causes the stomach to be emptied by vomiting and cleansing it, and having no food to digest, she can attend to the healing process. In any case of sickness, then, our duty is plain—do not fill the stomach with food and do not urge sick people to eat when there is no desire for food. If food is taken, it is succeeded by evil consequences. Let the sick eat only when nature calls for food. In acute sickness there can be no digestion; hence all food taken into the stomach ferments and putrefies and often does more harm than the disease. Nature makes no mistakes—follow her dictates. From about 1878 to 1881 I was employed in the State Hospital at Madison, Wisconsin, and it was my duty oftentimes to force feed patients who refused to eat, using a tube which was passed down the œsophagus into the stomach and liquid food introduced, three times a

day. I have often thought what a barbarous practice it was. In 1882 I accepted the position of Supervisor in the Milwaukee County Hospital at Wauwatosa, Wisconsin, where the same custom was practiced. We were thwarting nature every time we force fed and didn't know it. *Nature* cures the disease, and if left alone and not hampered with by drugs and foods, will cure it in half the time. As Dr. Walter says in his book, "The Exact Science of Health," Stuffing, stimulating, bleeding, purging, toning and all such treatments deplete the patient, obstruct the vital processes, and aggravate or produce the diseases they are supposed to cure. With bleeding and purging came blood and bowel diseases, just as nervous diseases follow present day processes of stimulating and stuffing." On page 81 he says: "Food being materials of organization, requiring by its very presence within the vital domain to be cared for, digested and assimilated, necessarily calls up the vital forces to control, if not to do, this work, and consequently, instead of communicating the power of life to an organism, it takes away a modicum of power in the act of doing the work. The use of food is the means of inciting the organism to continued activity and consequent expenditure. Its effect is the opposite of that of sleep. Sleep recuperates, because of its condition of inactivity; food, on the contrary, compels work and expends and exhausts power. More sleep and less food, and not the contrary, is a rule for invalids; increasing the food increases the labor, reduces the sleep, and exhausts the patient. Another important reason why food is a necessity to living existence is the fact that activity is the leading characteristic of all living things, and, as we have seen, power as an existence, being wholly and al-



HEALTHOLOGISTS.

*July 7, 1907. Father, age 82. Mother, age 72. Author, age 48.
Author's daughter, age 23. Grandchild, age 2.*

ways passive, can become active only as occasions call it into activity. Food is such an occasion. And activity, being a primal fact of living existence, necessitates that the occasions for the activity shall be as universally present as the power is. No amount of plant life would produce plants except for the necessary conditions of air and sunlight and soil, which make the force previously passive to become active to grow the plants. Per contra, no amount of air, sunlight or soil can grow the plant unless the power of its life is present. So no amount of vital power, primarily passive in any germ of life, could develop an organism except as the materials of organization are supplied with which not only to build but to call into action the existing power. Food and air to men and animals (with water as a connecting medium) are such materials. They are the natural agencies for promoting development and consequent changes in the vital organism. They are the normal conditions for making active the inherent forces of the organism. But they do not supply the force; they only call it forth, a fact which is at least suggested by an equally important one, viz: they can never get out of an organism what is not in it, any more than they can give to an organism what they do not have. No amount of food or air will keep up activity of heart and lungs in a dead or dying man, even if it is predigested and injected. Even transfusion of blood or an injection of common salt, or anything else, will at best excite into action the power already possessed. From the dead man there is no response because there is no power to respond, making the proof complete that no application from without can supply the power. Food, drink, air, heat, light, etc., are all agencies to call forth the power al-

ready present; they are occasions or conditions for making the power, which is otherwise passive, to become active to do work and carry forward change. It were easy to show in other ways that what we seem to get from food is not supplied from the food. No one can doubt that the digestion and assimilation of food requires the expenditure of power, which expenditure begins as soon as the food begins to be eaten; but no one is so ignorant as not to know that we receive no real strength from the food until it is assimilated. The strength, therefore, that a recently eaten meal seems to give us is not strength derived from the meal. It is strength made manifest by the meal, but the power comes from the individual and not the food. Let no man conceive that we are arguing against food as a necessity of living existence, and no honest man will try to make it so appear. Food is a condition necessary to life on the earth, first by supplying materials for building up vital structures, and second, by constituting the occasion for development and use of our powers such as we can never dispense with. But the insane attempts of medical empiricism to communicate, or even sustain, life by this means is one of the most destructive errors of medical practice. If one will work he must also eat, and as all vital action is work, all must eat; but how much he shall eat should be determined by how much he works. When vital action is vigorous, the food should be abundant; when it is feeble, food should be reduced. Food compels vital activity, as long as there is power to respond, which may proceed to exhaustion and death; it never gives the power. Tonics, stimulants, all excitements, do precisely the same, and so prevent rest; it is rare that any of them answers to the needs of men for recupera-

tion and health. Food, therefore, takes its place among all the other environing influences of existence. It is an occasion, never a cause of vital activity; it is a condition of animal life, never a force or power of life. Its forces are always extrinsic to the eater, even though intrinsic to the food, and the chances for life to most patients are in inverse, not direct, ratio to the amount of food eaten. The relation of the living organism to food may be summed up in the aphorisms of all time, "Let good digestion wait on appetite and health on both." "Enough is a feast" for both man and beast. "Give me food convenient for me" is the prayer of the ages. If we can learn to put our trust in the real source of life instead of cultivating dependence upon things which can never give us what they do not have, we will get better results." Prof. R. H. Chittenden, of Yale University, who has lately closed a series of test experiments covering a period of nine months, has written two large volumes entitled, "Physiological Economy in Nutrition," published in 1904, and "The Nutrition of Man," published in May, 1907, using as subjects of the experiments volunteers from three distinct types or classes of individuals representing the mental, the moderate and the hard-working classes of men, viz (we quote from page 18, "Physiological Economy in Nutrition):

"First. A group of five men of varying ages, connected with the university as professors and instructors—men who, while leading active lives, have not engaged in very active muscular work. They were selected as representatives of the mental worker rather than the physical worker, although several of them in the performance of their daily duties had to be on their feet in the laboratory a good portion of the day.

"Second. A detail of thirteen men, volunteers from the Hospital Corps of the United States Army and representatives of the moderate worker—men who, for a period of six months, took each week day a vigorous amount of systematic exercise in the gymnasium, in addition to the routine work connected with their daily life as members of the United States Hospital Corps. These men were of different nationalities, ages and temperaments.

"Third. A group of eight young men, students in the university, all thoroughly trained athletes, and some of them with exceptional records in athletic events."

The outcome of these experiments proves conclusively that all who participated in them were amply repaid in the improvement of their general condition in every way, both mentally and physically. It must be remembered that during the experiments they were living on 59 grams or less of proteids a day, one-half of the Voit standard of 118 grams. The allowance of fats and carbohydrates was also a little less than the Voit standard of 56 grams fats and 500 grams carbohydrates. Prof. Chittenden subjected himself to these experiments and on page 19 says: "At first this change to a smaller amount of food daily was attended with some discomfort, but this soon passed away, and the writer's interest in the subject was augmented by the discovery that he was unquestionably in an improved physical condition. A rheumatic trouble in the knee joint, which had persisted for a year and a half and which only partially responded to treatment, entirely disappeared (and has never occurred since). Minor troubles, such as 'sick headaches' and bilious attacks no longer appeared periodically as before. There was greater appreciation of such food as

was eaten; a keener appetite and a more acute taste seemed to be developed, with a more thorough liking for simple foods." On page 21 he says: "It is perfectly logical to begin the work of the day with a comparatively empty stomach—after we have once freed ourselves from the habit of a hearty breakfast—and in the writer's experience both mental and physical work have become the easier from this change of habit." During these nine months of experimentation the amount of proteid food eaten was on an average of 40 grams a day, a little more than one-third of that of the Voit standard of 118 grams. It is useless to quote more. The entire 700 pages written by Prof. Chittenden go to prove that people in general are eating entirely too much, especially meats and other proteid foods. The same improvement made in the professor's health applies to each and every one of the subjects who underwent the experiments. Never was clearer proof shown of the perversion of the appetite and over-ingestion of food than is contained in Prof. Chittenden's books. They are from the highest authority we have and must be accepted as scientific truths. Begin from the time you read this page to pay more attention to How, When and What you eat and confine yourself at least to the Voit standard, which we give again, viz:

Proteids, principally meat, eggs, milk, peas, beans, lentils, cheese, 118 grams or 4 ounces in twenty-four hours.

Fats, butter, lard, oil, etc., 56 grams or 2 ounces.

Carbohydrates, principally white bread, rice, cereals, and all starch, sugar, gums, etc., 500 grams, or ^{one} three pounds.

After a while you can still reduce the allowance to the new standard of about 60 grams of pro-

teids, 50 grams of fat and 480 grams of carbohydrates in twenty-four hours. No lunches. Remember, this is for a *working man*. Sedentary men should eat less. Women doing moderate work and children from sixteen years of age should not eat more than 92 grams of proteid, 44 grams of fat and 400 grams of carbohydrate food in twenty-four hours. Study the table of foods and their uses as found on page 46. Before closing we wish to add a recipe for making *unfermented whole wheat bread* and another health bread. The whole wheat bread is made as follows and is improved from a recipe obtained from Dr. Hanish. First see that you obtain the whole wheat freshly ground from the mill, and not bran and white flour mixed. Bran and white flour do not supply the elements of whole wheat—far from it. See that you get *whole wheat* flour. Use the Brooklyn covered fluted bread pans in which to bake it and which come in pairs two connected with covers like a mould.

No. 1. For two loaves to bake in the Brooklyn covered fluted bread pans: Take one quart of lukewarm water, one teaspoonful of salt, two tablespoonfuls of olive oil. Stir in the wheat gradually until a thick paste. Cover the dish with a cloth and set in a cool place and allow it to remain there over night. This will give the wheat, which is partly coarse, an opportunity to swell. In this swelling process it aerates the consistency and makes it quite light. In the morning work it well, adding more flour to it if so desired. Do not roll it out upon the board, but work it in the pan for about one-half hour until it becomes gummy and rolls up like a ball, but not stiff. Have a moderately hot oven. Put the dough into *covered* pans

(use the Brooklyn), well oiled, and put into oven, without delay. Let it bake slowly from two and a half to three hours. If using a gas range put out the light and leave the bread in the oven to cool off. If you like a soft crust, roll a wet cloth around each loaf from three to five minutes. If you like to have a bread to aid you in your constipated condition just knead into your dough seeded raisins quite freely and you will be pleased with the result. To keep the bread well and to improve its taste, put it after cool into an earthen crock and cover it. After four days the bread will taste very sweet. One two-pound loaf will suffice an ordinary person for a week. Bake. Some people think that the unfermented whole wheat bread is too hard and solid; for all who do, the following will be found very fine; any person who once tries it will not go back to eating white bread:

No. 2. Take three scant pints of *whole wheat flour*, one scant pint of rye flour, one scant pint of white flour; mix all well together; make "well" in flour for sponge, using one scant pint of lukewarm water and one cake of yeast. Make sponge quite thick; when light, put in two tablespoons of olive oil, or lump of butter, or lard size of egg. Two tablespoons of honey or sugar, one and one-half teaspoons salt; knead and let stand till light, then knead and put in Brooklyn fluted bread pans, raise and bake 45 to 60 minutes in moderate oven. This will make two loaves. I have had two bakeries in the city make this bread and the demand is increasing every day; everybody likes it. It is called Dr. Eales' Health Bread, and the first, Dr. Eales' Whole Wheat Bread. Try it. It is a perfect food. It supplies all the elements required by the body and in about the proper proportion. Re-

member that over 90% of all bodily ailments are due to perversion in diet and to cure them we need only to learn *how*, *when* and *what* to eat. Drugs do not cure. If they did there would be no sickness, for there are fifty kinds of medicine for every disease, and elegantly equipped laboratories and manufacturing plants turning out thousands of new remedies almost every month. A doctor cannot name the innumerable new remedies, much less learn their supposed action. I remember many years ago when I was prescription clerk in a drug store, during an epidemic of typhoid fever; all of the doctors were kept very busy night and day and I was also kept busy filling prescriptions, and if you could have seen, as I have seen, as many different prescriptions for the same disease as there were different doctors prescribing you would soon loose faith in medicines.

Sir Frederick Treves, King Edward's surgeon, just lately said: "I am afraid a long time will elapse before people break off the *extraordinary habit* of taking medicine when they are sick. It is a prejudice deep down in the hearts of the people. Why it exists it is hard to say, but there it is, and I suppose it must continue some little time longer. If you picture the environment of a doctor, you see a room with a multitude of shelves covered with bottles from floor to ceiling. These bottles rapidly are vanishing and the time is not far distant when they will be reduced to an extremely small number. The empty shelves will be replaced by simple living, suitable diet, plenty of sun and plenty of fresh air." Dr. Wm. Osler, one of the greatest medical authorities of the present time, who is now regius professor of medicine at Oxford University, declared in a speech before

the Pathological Society at Philadelphia, on May 10, 1907, that in the whole pharmacopeia there are but four drugs of any curative value at all; and he occasioned great laughter by politely declining to tell what these four drugs that have some value are. His latest volume of the "Practice of Medicine" is replete with revelations of the almost utter worthlessness of drugs. Physicians who are of like opinion can be quoted by the thousand.

PART II.

THE HISTORY OF FASTING IN ANCIENT AND MODERN TIMES, AND RECORDS OF MARVELOUS CURES.

Fasting is truly a scientific and common sense method of healing all manner of disease. From time immemorial tradition gives evidence that fasts were customary among all people. Fasting may be traced to such a period of remote antiquity as to be classed as a lost art. Fasting was indorsed by the priests of ancient Egypt. Fasts were prescribed by the Kabala, a secret science, the mystical philosophy of the Jews. Moses, the great Jewish lawgiver, became most proficient in the Kabala during his forty years of wandering and fasting in the wilderness. He devoted all of his leisure hours during those forty years to the study of this secret philosophy and is said to have also been instructed therein by an angel. According to Biblical history, Moses, when eighty years of age, fasted for more than 120 days on Mount Sinai, during which time he received the Tables of the Law and the plans of the Tabernacle. Moses thoroughly comprehended and taught the Jewish people the laws of health, and a more careful people about their diet than the orthodox Jews cannot be found today. No orthodox Jew will eat pork and it is a striking fact that no orthodox Jew, one who has lived according to the laws of health as taught by Moses in the 11th chapter of



The Author on 16th day of fast. Weight, gross, 174½ pounds.

Leviticus, has ever been afflicted with that terrible disease, cancer.

Fasting was a common method of healing among the Ancients 4235 years B. C., about the time the Pyramids of Egypt were built. Fasting was prescribed and practiced at the very dawn of civilization, at the time of the Ancient Mysteries, a secret worship or wisdom religion that flourished for thousands of years in Egypt, Greece, India, Persia, Thrace, Scandinavia and the Gothic and Celtic nations. In the mysteries was taught the Unity of God in opposition to the Polytheistic notions of the people. They also taught the doctrine of the immortality of the soul and a future life. Their devotees were initiated in these mysteries and bound by secret obligations not to divulge the secrets learned. All of the wise men were initiated in the mysteries which later became schools of science. The principal names of these mysteries were those of Osiris and Isis of Egypt, the Mithriac of Persia, the Adonisian of Greece, Cabiric of Thrace, Scandinavian among the Gothic nations and Druidical among the Celts, all of which required a long probationary period of *fasting* and prayer before the candidate could advance. In the Mithriac of Persia a **PROLONGED FAST OF FIFTY DAYS** was required. The mysteries of the various nations were quite similar and all were probably derived from the Egyptians. **FASTING** was common to *all* the mysteries. The mysteries or some of the teachings thereof are to this day perpetuated by the more modern institution, Free Masonry.

Fasting was a part of the method of healing practiced in the Ancient Aesculapian Temples of Gos and Guido 1300 years before Christ. The mysteries of Tyre continued to exist in Judea as

late as Christ's time as a secret society known as the Essenes. The Essenes were an ascetic religious sect who practiced celibacy, were great students, studying with assiduity the writings of the ancients on distempers and their remedies. They lived holy and unselfish lives, had unbounded love of virtue, industry, temperance, fortitude, justice and modesty. They fed the hungry, clothed the naked, healed the sick and for holiness and uprightness of life had hardly a parallel in the history of mankind. Of this holy sect Christ is said to have been a member. Speaking of the perpetuation of the teachings of some of these mysteries under the name of "School of Natural Science," the learned author of Harmonic Series, Vol. 3, entitled "The Great Work," says: "The term, 'School of Natural Science,' is not the name by which the great school herein referred to had been known to its members throughout the ages. Its lineage and history cover a consecutive and unbroken chain backward from the immediate present to a time many thousands of years before the Mosaic period. In truth the chain is complete to a long time before Egypt had become a center of civilization of learning or of power. The most ancient records at this time known to man are those of the Great School. Free Masonry, in its modern form, represents but one of the many efforts of the great parent school to transmit its knowledge to the world in definite, scientific and crystallized form. The life and ministry of Jesus represents another effort of the great school to convey its message of light and life to the world. To this school Jesus went for his spiritual instruction. In it he spent the years of his special preparation. From it he went forth to preach the Gospel of Peace and the Kingdom of Love. For

the cause it represents he labored, suffered and died. The relationship of the Master, Jesus, to the Ancient School of India and of the great school to his life and work, may be established beyond all question by those whose interest and desire impel them to the task with sufficient intelligence, courage and perseverance to complete the search. To that end the following brief chain of data and evidence may be of helpful interest: The records of the great school contain a detailed history of the life of Jesus, of his education and preparation for his work in the world and of the purposes to be accomplished thereby. While it is true that these records are not accessible to the general public, they are nevertheless open to those who are 'duly and truly prepared, worthy and well qualified,' and who can establish the right to such confidence. The ethical teachings of the Master, in so far as they have been accurately stated in the Gospels, are identical in spirit and principle with those of the Great School. In so far as we have a public record of his teachings, during his active ministry, he was but echoing the ethical philosophy of the ages as it had been wrought out and crystallized within the secret body of the Great School of the Masters. Notwithstanding the possible errors of historians, the inaccuracies of translators and the mistakes and interpolations of revisers, the Gospels themselves contain many of the most significant links in the chain of the fact which binds the Master, Jesus, to the Ancient School of India. As an illustration, it will be recalled that when Jesus was born, 'there came wise men from the East to Jerusalem,' etc. Who were these wise men? And whence came they? Were they members of the Egyptian School of Magic, as some have claimed? And did they,

therefore, come from the land of Egypt? The relative locations of Egypt and Jerusalem are, of themselves alone, a most direct and conclusive answer to all these questions. Egypt lies to the south and west of Jerusalem. They were, therefore, not from Egypt, for they were 'from the East'—from the Orient. Is it not remarkable that Biblical students have taken so little note of the most significant phase of this unusual incident? The mere fact that 'wise men' came at all, or from any direction, at such a time, is, of itself, significant. For their coming is alone conclusive evidence of the remarkable fact that they were already acquainted with events leading up to the birth of Christ, and understood the importance of his life and something of the nature of his mission. Why is it such evidence? Because they came 'to worship him.' But, as a key to his subsequent instruction, it is far more significant that these wise men came from the East. And so it is that the Gospels themselves verify the records of the Great School wherein the 'wise men of the East' have personally recorded their own account of the same event. Another seeming mystery which has puzzled and disturbed our modern students of Biblical history and for which they have found no adequate or satisfactory explanation, finds a clear, simple and complete solution to students of the Great School. In the Book of Hebrews it is recorded that Jesus was made an High Priest forever, after the order of Melchizedek (Heb. 6:20), thus distinguishing him from members of the priesthood of the 'Order of Aaron.' (Heb. 7:11). The seeming mysery is that which surrounds the identity of Melchizedek. Who was he? And what was the priestly order of which he was a member? When it is known that his name

is familiar to members of the Great School as one of its most illustrious Grand High Priests, the scriptural record that Jesus was made an High Priest of the same order dispels the mystery and another link in the chain of relationships is completed. Yet another interesting and significant fact concerning Jesus is, that the Gospels give us a minute and vivid account of his birth, infancy and early youth, until he reaches the age of twelve years, at which time he suddenly and mysteriously disappears from public view, and for eighteen years he remains in such absolute and impenetrable seclusion and obscurity that but one, single, indefinite and unimportant reference is made to his life during all those eighteen years. (Luke 2:52.) That he should disappear at the interesting age of twelve, just at a time when he had made such a profound impression by confounding the learned doctors at Jerusalem, and reappear only at the age of thirty, is, of itself, a most remarkable incident. That he should disappear as a precocious child and reappear as a Master, is far more significant; for in this fact alone we have evidence of the most positive and conclusive character that the mysterious and unexplained interval of eighteen years was a period of the most vital importance, in that these were the years of his preparation for a public work. But when the further fact is known that the records of the Great School contain a detailed account of his life and his work as a student of the masters during that remarkable interval of his preparation, another mystery is explained. In this connection it is also significant that John the Baptist immediately preceded him on his return, proclaimed his coming in terms of the most definite and unqualified character and, in his own way, endeavored to prepare

the public to receive him. All this is indisputable evidence of his absence. It also bears specific testimony to the fact that John was fully advised of his coming, that he also had definite information of the nature of his mission and the character of the work to be inaugurated by him, and that his return was an event of unusual importance. Then, again, later on in the course of his ministry, when the Master refused to tell the chief priests and scribes by what authority he came among them and performed such wonders, he was but following the policy of secrecy and silence in strict conformity with which the Great School has proceeded throughout the ages and will continue to do until secrecy, silence and obscurity are no longer necessary to protect it from the selfish obstructions of men. If the subject is of sufficient interest to inspire the reader to further inquiry, a thoughtful reading of the Gospels, in the light of these suggestions, will disclose to him many other evidences of a similar and corroborative nature, the presentation of which in detail would require another volume. With reluctance the subject must therefore be left at this point in order that we may not lose the thread of our historic sketch." Following the Essenes, we find in the first century after Christ an ascetic sect of Jews residing in Alexandria, Egypt. They were called Therapeutae. These Therapeutae (doctors) in doctrine bore a striking resemblance to the Essenes; they also borrowed much from the Kabala and from the Pythagorean and Orphic ideas. They gave great study and attention to healing the sick and *fasting* was held in high esteem as a curative measure. Jesus, in teaching his disciples the manner in which to cure different diseases, said, speaking of a particular dis-



"77 Years Young."

*Yours, in behalf of humanity
Henry S. Farner, M.D.*

ease: "This kind goeth not out but by prayer and fasting." We find from the time of Christ to the present, numerous records of the cure of disease by fasting. What other method of healing disease can show ten thousand years of uninterrupted and successful use like fasting? Up to Dr. Tanner's pioneer fast of forty-two days in 1877 it was thought that the fast of Jesus for forty days was miracle and that no human being could fast forty days and live. But Jesus taught differently. He taught that what he did all could do, if they would believe. Dr. Tanner evidently had sufficient faith to try and the result of his trial is now a matter of history. Following this is a letter written by him in 1905 to Mr. C. C. Haskell, of Norwich, Conn., for publication. We have Mr. Haskell's permission to publish it.

"Los Angeles, Calif., Aug. 29, 1905.

"Dear Brother Haskell:

"The task you have set me, to state in five hundred words, my high appreciation of fasting as means of prevention and cure of disease, is one of magnitude surely. I feel how utterly inadequate are words to express the grateful emotions of my heart, even with unlimited latitude to tongue and pen. The theme is one in which language is impoverished, all human description fails, and the fire of eloquence is in eclipse.

"Still I am reminded that it is not for me to despise the day of small things. The blessings that I have received from the inexpensive and absolutely safe method of procedure I inaugurated to relieve myself of disabilities, after being abandoned as an utterly hopeless case by seven M. D.s—in which consensus of opinion I concurred—I feel were not bestowed upon me to be selfishly

appropriated to my own use, but to be 'proclaimed from housetops,' to persons in like affliction and need, that there is a 'Balm in Gilead,' for all who will avail themselves of the knowledge, which I have secured, when all other means had failed.

"I can say in all sincerity that in my own and in hundreds of other cases that have come to my knowledge, **FASTING** afforded permanent relief. Rheumatism of an aggravated character, followed by heart rheumatism, was the diagnosis of my case by many reputable physicians and not a ray of hope from one of them. Under the circumstances I felt that life was not worth living and the call to 'come up higher' would have been welcome at any moment. Asthma, of a very distressing character, prevented sleep in a recumbent position. I had learned in the schools that a ten days' abstinence from food was the limit of human endurance. Weary of life, I entered upon my first fast in Minneapolis in 1877, in the assurance that I would in a few days reach repose of mind and body that I could yield up all rights to 'life, liberty and the pursuit of happiness' without regret or rebellion. I entered upon the task more cherrily and less tardily than I undertake to say all that my heart prompts in the prescribed limits of this endorsement of **FASTING** for all ills flesh is heir to. To my unbounded surprise I found every day I abstained from food, I approximated nearer to the vigor of my youth. On the fifth day I could lie down and rest. On the eleventh day I sought my couch in a reclining position and to my profound surprise, on awakening the next morning the sun was well up towards the zenith of its glory.

"My freedom from the conditions mentioned, I attributed largely to a radical change in my

dietary. By abstaining from all flesh foods, tea, coffee, tobacco and stimulants in any form or any disguise, I see no obstacle in the way of my reaching the century mark. I am now 75 years Young.

"After my recovery I entered upon the investigation of the unity of disease and the consequent unity of cure, and, as the result of what my eyes have seen, admiration of this twentieth century truism has daily grown upon me. How could it be otherwise when I found myself in possession of proofs, overwhelming in their positiveness, and what wonder, after convincing myself that *inordinate eating is the primary cause of ninety per cent* of all forms of disease, that I should find myself in possession of a theory of disease and means of cure, having a firmer basis than mere conjecture, and with developed powers of scientific vision and new and glorious fields of usefulness opening before me, sufficient to make every lover of the race jubilant.

Most sincerely yours,

"HENRY S. TANNER, M. D."

In an article in the August, 1901, Journal of Physical Culture, Dr. Henry S. Tanner states that during the first fourteen days of his *forty* day fast in New York he totally abstained from all liquid or solid food and also water. He says: "When I left Clarendon Hall where my fast was held, after fourteen days' abstinence from water, I was very weak, scarcely able to walk downstairs without supporting myself with the hand-rail; on that day I made my first visit to Central Park. There I found a spring of very cool and refreshing water, of which I partook freely. Returning to the hall, after an absence of an hour only, I climbed the stairs of Clarendon Hall, two steps at a time, with the nimbleness of a boy. I at-

tribute that wondrous change to the water I drank and the pure air that I breathed on that occasion.

“Returning from one of my daily rides to Central Park and feeling greatly exhilarated by the water and pure air, I, on the seventeenth day, felt like loudly extolling the oxygen of the air and water as a valuable food. A medical student, with more zeal than wisdom, took issue with me on the value of oxygen as food, and flippantly remarked that ‘however good oxygen might be, beef was better.’ ‘That is an assumption that demands proof,’ I retorted, ‘I challenge you to test your theory by taking laps around this hall until one or the other surrenders.’ Round and round the hall we went until the eighteenth lap, when the student fell out, blowing and puffing like a heavy old horse, leaving oxygen victor over beef.

“My mental powers were daily augmented, to the very great surprise of my medical attendants, who were constantly on the watch for mental collapse, which was freely predicted, if I persisted in the experiment until the tenth day. About the middle of my first experiment I, too, had visions; like Paul of old, I seemed to be intromitted to the third heaven and there saw things which not even the pen of a Milton or Shakespeare could portray in all their vivid reality. As a result of my experiment, I came to comprehend why the old prophets and seers so often resorted to fasting as a means of mental and spiritual illumination. When I broke my fast I broke all records. I ate sufficient food in the first twenty-four hours after breaking the fast to gain nine pounds, and thirty-six pounds in eight days, all that I had lost. When the fast was ended I called my stomach home from its ‘summer vacation’ and told it I had

work for it to do and plenty of it, that I wanted it to go to work vigorously and it obeyed my mandate without a murmur. I was told that when I began to eat, inflammation would immediately set in and I would be ready for the undertaker in less than twenty-four hours. My stomach, declared to be ruined by the doctors, went to work and labored as described and continued to do the very best of service. I would not exchange my stomach for any one that I know of."

Dr. Tanner broke his fast on watermelon and, although he ate a number of pounds, he was getting a large percentage of nature's pure, distilled water and there is no danger of getting too large a quantity when taken in that form. In the April, 1902, Journal of Physical Culture, Mr. George Prophter, of New York City, gives an account of his absolute *fast of fifty-two days*, illustrated by series of twelve photographs taken during the fast. Mr. Prophter speaks of fasting as a miracle, a wonderful power that can turn back the wheel of the universe and make man a child again, in all but size. "You purify your blood," he says, "by the only natural, short and sure method of undergoing an absolute complete fast to a finish, which means that absolutely nothing is to be taken but water and that the fast be kept up until a complete finish manifests itself in the unmistakable signs of a clean alimentary tract beginning at the tip of the tongue, a pure breath and a real, normal, natural, constitutional call for something to eat. If I can remove the erroneous idea that there is any danger whatever in undergoing an absolute fast to finish, I shall have removed the great rock of prejudice that now obstructs the only natural, short, sure road to perfect health. A complete

fast is merely a balancing of accounts with nature, in which you pay the penalty for all the laws of hygiene violated by you to date and when she has been fully repaid, she hands you her receipt in full in the form of perfect health. So confident was I that the above reasoning, with respect to fasting, was accurate that in December, 1901, I commenced what I proposed to make a complete fast. Prior to this I had fasted for short periods of from one to seven days.

“When I commenced this fast I determined to go about my affairs as usual without paying any regard to the unpleasant feelings of the body. I visited the Pan-American Exposition in Buffalo for a couple of weeks and the balance of the time was in my office in New York or in the country. Every day of my fast I walked from five to twelve miles. At the outset my tongue was heavily coated and I had the usual harrowing symptoms on the second day; then I lost all desire for food and did not become hungry until the fifty-first day of my fast. It was the thirty-fifth day before my tongue was clear. The length of my fast was fifty-two days; weight when I commenced was $135\frac{1}{2}$ pounds and when I concluded the fast I weighed $92\frac{1}{2}$ pounds. Fifteen days after I commenced eating I ran my weight up to 113 pounds and thirty days after I weighed 128 pounds and in one and one-half months after conclusion of fast I weighed $137\frac{1}{2}$ pounds. Immediately at the close of the fast I went into the country where I engaged in outdoor exercise, deep breathing and ate two meals a day. I was a trifle weak at the conclusion but quickly gained in strength. Before two months had elapsed I was able to perform a day's labor alongside of men who were accustomed to work in the open air and who boasted

of being the possessors of unusual strength. At this writing some two and one-half months have elapsed since the conclusion of my fast and I feel better than I have in years, my strength is greater than it was before, and I can truthfully declare that I have been physically regenerated."

Mr. Propheter lost forty-three pounds in fifty-two days and was a spare man when he commenced his fast. The seven-day fast at Madison Square Garden in December, 1903, by eight athletes under the supervision of Mr. Bernarr McFadden, editor of the Physical Culture Journal, from which we quote, has done a great deal of good in bringing to the notice of thousands of people all over the United States the lasting benefits to be derived from fasting. Prominent medical men from different parts of New York went to witness the feats performed by these eight athletes at the expiration of their seven days' fast. It was clearly demonstrated on that occasion, before the thousands of people present, "that not only could a person continue to exist during a prolonged fast without injury, but, what is of greater value, that he was actually benefitted thereby," and that abstinence from food for a reasonable time was a cleansing process, a renovator of the body and that, unimpeded by refuse, the circulation became quickened, elevating the vital strength and mental powers of the faster, instead of decreasing them. Eight athletes were entered on the lists on Saturday night at the beginning of the fast and the same eight athletes presented themselves at the final contests of endurance on the evening of the seventh day of the fast. The records made by them are now world renowned. Mr. Joseph H. Woltering, of New York City, was awarded the first prize in races.

He won the fifty-yard dash in six and two-fifths seconds, the 220-yard run in twenty-seven and four-fifths seconds, and the mile run in six minutes, fourteen and two-fifths seconds. Mr. Gilman Low, of New York City, the well known artist, health director and athlete, won first prize in strength contests. Mr. Low lifted 900 pounds in a straight hand grip lift, and the 56-pound weight was thrown thirteen feet six inches. Mr. Low, to prove that his strength had not deteriorated a particle, lifted on the sixth day, with hands alone, 500 pounds twenty times in fifteen seconds, and 900 pounds twice in twenty seconds. With back lift, one ton twelve times in twenty seconds. After the tests on Saturday night he lifted one ton twenty-two times in nineteen seconds, before a group of doctors, in order to demonstrate to them what he knew to be true in regard to fasting. Remember these are now world's records in strength and endurance and were made after seven days without food. Mr. Low broke his fast at Madison Square Garden, after the other seven athletes broke their fast and at the end of eight days, before 16,000 people, established nine world records in strength and endurance, which have since remained world records, no one having been able to lower them, and these were made in competition with other men who had been eating regularly and he going out of his class to do it. These nine world records are as follows, viz.:

1. Raising 950 pounds three times in four seconds.
2. Raising 500 pounds twenty times in fifteen seconds.
3. Throwing 56-pound weight thirteen feet six inches (for height).

4. Leg Lifting—Raising with legs alone 1,000 pounds fifty times in twenty-five seconds.

5. Leg Lifting—Raising with legs alone 1,500 pounds thirty-five times in thirty-five seconds.

6. Raising with legs alone 1,800 pounds eighteen times in eighteen seconds.

7. Back lifting, bringing all the muscles of the back into action—Raising 2,500 pounds five times in ten seconds.

8. Raising 2,200 pounds twelve times in twelve seconds.

9. Raising 2,000 pounds twenty-nine times in twenty seconds.

Mr. Low has other world records, after fasting, made at other times, and he established the phenomenal record of lifting one million six thousand (1,006,000) pounds in thirty-five minutes and thirty-four seconds. Immediately following this lift he raised one ton forty-four times in four minutes. The lift was accomplished by lifting 1,000 pounds 1,006 times in the time specified. The only man living in the history of the world who ever accomplished such a feat. And this feat was accomplished after two months of training, on what would be termed a starvation diet. The diet was as follows. I quote from a letter from Mr. Low to the author, dated July 2, 1907:

“My diet during my training for the million pound lift was as follows: The first five weeks one meal daily consisting of three eggs, soft boiled or uncooked, more times uncooked; one-half loaf of whole wheat bread; fruit, as oranges, grapes, apples or bananas; cereal and nuts, and one glass of milk after each meal. Plenty of cool, distilled water during the day. As an experiment I ate meat twice during the first five weeks and found I could have done just as well without it. The

last three weeks I lived on four meals weekly, consisting of the same diet as the five weeks previous. At ten o'clock on the morning of the day that I made the lift I increased the eggs to six, also somewhat increased the bread, otherwise the meal consisted of the same allowance. Nothing was eaten again until after the lift was made, which was accomplished at nine o'clock in the evening, making an elapse of eleven hours between the last meal and the lift. That which followed is already history. It might be well to note that I lost during the thirty-five minutes and thirty-four seconds, five and three-quarter pounds; fifteen minutes later I lifted one ton forty-four times in four minutes."

Mr. Low had previously attempted this feat and utterly failed, reaching only little over the half million mark in twenty-five minutes. Then he ended in sore distress and dizziness. He had been eating two meals daily. Mr. Low says freedom of lung power is very important in lifting, for as one ceases to breathe well the muscular power fails. He believes in cutting down the food and practicing deep breathing. He is a model of physical perfection, as shown by his measurements, obtained and perfected entirely through his methods, viz.:

PROF. GILMAN LOW'S MEASUREMENTS.

Neck	17	in.	Hips	39	in.
Chest, contracted.....	37	in.	Thigh	26½	in.
Chest, normal.....	45	in.	Knee	14½	in.
Chest, expanded.....	52	in.	Calf	16½	in.
Waist	34	in.	Ankle	9½	in.
Biceps	16½	in.	Height	5 ft. 9½	
Forearm	13	in.	Weight, stripped.....	187	lbs.

In a letter to Prof. Gilman Low, shortly after my fast in July, 1907, I called his attention to my strength tests and to the fact that there was no



Prof. Gilman Low, Artist, Anatomist and Health Director, New York City.

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impairment of strength after my long fast, asking him what his experience was in regard to his strength after a fast. I also informed him that a number of the doctors here had stated that it was impossible for one to go thirty-one days without food. That in one week a person would be so weak they could scarcely walk and a few more days would endanger life. In an answer to my letter Professor Low, among other things, writes as follows, in a letter dated July 29, 1907:

“At the end of my fifteen-day fast some years ago in Boston I could have thrashed my weight in wildcats. If the doctors you refer to in your letter think a man will be so weak in a week’s time he cannot walk, I will fast fifteen days and if any two of them can handle me (in any way suitable to them) I will give them each \$100. In other words, immediately following a fifteen-day complete fast on my part I will be willing to place myself in a room of their own choosing—dressed the same as they and empty handed absolutely. Then send any two of these doctors in to drive me out (or perhaps they think I would be so weak they would have to carry me out) and if they succeed in driving me out or ridding the room, they privileged to kick, scratch or bite, then they can each have \$100. If I put them out, which would surely be the case, no matter how big they are, then they to give me \$100 between them. Is this fair, Doctor? It would then be (laughter and applause) on my part.

“Very truly yours,

“GILMAN LOW.”

My own experience goes to prove that he would be perfectly safe. I lifted the same weights at the end of my thirty-one days’ fast that I did at

the beginning and did it easily, before the camera and before other witnesses. To the late Dr. Edward Hooker Dewey belongs the first credit and honor of placing before the medical fraternity and the world at large, this wonderful revolutionary system of healing the sick without drugs. He used the fasting method for thirty years in his practice before making it public; he studied every phase of the question and understood it thoroughly before giving it to the world. Dr. Dewey was an old school, or allopathic, physician, a graduate of the University of Michigan, a "Regular," but he soon fell into a dispute with the "Regulars" when he dared to say that he had made a wonderful discovery. Every new discovery in medicine now, as in the past, is liable to subject the discoverer to the condemnation of the schools for having dared to say that there were any undiscovered truths. Dr. Dewey was a keen observer, a logical reasoner and a close student of nature. After finishing his medical education at the University of Michigan he served a term as house physician to the United States Marine Hospital at Detroit, Michigan, after which he entered one of the large army hospitals at Chattanooga, Tenn., at the beginning of the Sherman campaign in Georgia, to take charge of a ward of eighty sick and wounded soldiers fresh from the battle of Resacca. After the war he began the general practice of medicine in Meadville, Pa., in the autumn of 1866. I now let Dr. Dewey tell the story of his discovery in his own words, quoting from his book, entitled "The No Breakfast Plan and Fasting Cure," published in 1900. I quote from different parts:

"A hygiene that claims to be new and of the greatest practicality and certainly revolutionary

in its application, would seem to require something of its origin and development to excite the interest of the intelligent reader. Methods in health culture are about as numerous as the individuals who find some method necessary for the health; taking something, doing something for the health is the burden of lives almost innumerable. Very few people are so well that some improvement is not desirable. The literature on what to eat and not to eat, what to do and not to do, on medicines that convert human stomachs into drug-stores, is simply boundless. If we believe all we read, we must consider the location we are in before we can safely draw the breath of life; we must not cool our parched throats without the certificate of the microscope. We must not eat without an ultimate analysis of each item of the bill of fare, as we would take an account of stock before ordering fresh goods; and this without ever knowing how much lime we need for the bones, iron for the blood, phosphorus for the brain, or nitrogen for the muscles. In short, there is death in the air we breathe, death in the food we eat, death in the water we drink, until verily, we seem to walk our ways of life in the very valley and shadow of death, ever subject to the attack of hobgoblins of disease. How many lives would go down but for the miracles of cure promised in the public prints, even in our best journals and monthlies, we cannot know. It is the hope for better things that sustains our lives; suicide never occurs until all hope has departed. Even our medical journals are heavily padded with pages of new remedies whose use involves the most amazing credulity. Perhaps it is well, in the absence of a sound physiological hygiene, that the people who are sick and afflicted shall be

buoyed up by fresh, printed promises. Perhaps it is also well for the physician to be able to go into rooms of the sick, inspired from the advertising pages of his favorite medical journal. Are they not new stars of hope to both physician and the people? What should we not hope when new remedies are multiplying in such infinite excess over newly discovered diseases? **NEW DISEASES?** What is there essentially new that can be treated with remedies; in the coated tongues, foul mouths, high temperatures and pulse, pain, discomfort, and acute aversion to food, that is to be found in the rooms of the sick? Are there really specifics for these conditions? The hygiene to be unfolded in these pages is so new, so revolutionary, that its first impress has never failed to excite every form of opposition known to language, and yet its practicality is so great that it is rarely questioned by those who fairly test it. It has not been found wanting in its physiology, nor has it failed to grow wherever it has found lodgement. For full ten years I visited the sick and dosed them according to the books, but with far less force of hands and faith than any of my brethren and all were enjoined to take nourishment to keep up the strength for the combat with disease. My doses were confined to only a few Sampsons of the materia medica and these were administered with a watching for favorable results that could hardly be surpassed and yet always with disappointment. I was innocent enough to believe that a large practice could only be built up by the most painstaking and persistent efforts; later on I found that a large practice was but little dependent upon the skill and learning displayed in the sick-room. One physician could immediately secure a large patronage because she

was a woman, another because he belonged to this or that nationality, or there was something in the personal outfit rather than in the professional that incited large hopes for the ailing. In all my cases of acute sickness there was always a wasting of the body, no matter how much they were fed; a like increase of general strength when a normal desire for food occurred, no matter how little they were fed. I saw this with eyesight only; but I saw with insight that a large practice could be carried on by doctors too ignorant to know that there was an alphabet in medical science. I was called one day to one of the families of the poorest of the poor, where I found a sick case for once in my life that set me to thinking. The patient was a sallow, overgrown girl in early maturity, with a history of several months of digestive and other troubles. I found a very sick patient, so sick that for a period of THREE WEEKS not even one drink of water was retained, not one dose of medicine, and it was not until several more days that water could be borne. When finally water could be retained, my patient seemed brighter in mind, the complexion was clearer and she seemed actually stronger. As for the tongue, which at first was heavily coated, the improvement was striking; while the breath, utterly foul at first, was strikingly less offensive. In every way the patient was very much better.

“I was so surprised at this that I determined at once to let the good work go on in Nature’s own terms, and so it did until about the THIRTY-FIFTH day, when there was a call, not for the undertaker, but for food, a call that marked the close of the disease. The pulse and temperature had become normal and there was a tongue as clean as the tongue of a nursing infant. Up to this

time this was the most severely sick case I ever had that recovered, and yet with not apparently more wasting of the body than with other cases of as protracted sickness in which more or less food was given and retained. And all this with only water for thirst until hunger came and a COMPLETE CURE. Such ignoring of medical faith and practice, of the accumulated wisdom and experience of all medical history. I had never seen before. Had the patient been able to take both food and medicine and I had prohibited, and by chance death had occurred, I would have been guilty of actually putting the patient to death—death from starvation. Feed, feed the sick whether or not, say all the doctors, say all the books, to support strength or to keep life in the body, and yet nature was absurd enough to ignore all human practice evolved from experience, in her own way to support vital power while curing the disease. I could recall a great many cases in which, because of intense aversion to food patients had been sick for many days, and even weeks, with not enough nourishment taken to account for the support of vital power; but the fact did not raise a question with me. The effect of this case upon my mind was so profound that I began to apply the same methods in Nature to other patients and with the same general results. The body, of course, would waste during the time of sickness; but so did the bodies of sick that were fed. As for medicines, they were utterly ignored except where pain was to be relieved, though unmedicated doses were alike a necessity with all. Not a single medicine was given except for pain and occasionally in cases in which I had reason to think the entire digestive tract needed a general cleaning of foul sewage, thence on, that supreme

work, the cure of disease, in my hands became the work of Nature only. In a general practice I was able to carry out the non-feeding plan by permitting the various meat teas or the cereal broths, none of which can be taken by the severely sick in quantities to do harm. By withholding milk I was enabled to secure all the fasting Nature required, while satisfying the ever anxious friends with tea and broth diversions. This was a line of investigation that I felt ought to be of the deepest interest to every thinking, high minded physician, to every intelligent layman; and very early evidences of the utility of withholding food from the sick during the entire time of absence of desire for it, its absolute safety, were beyond any questioning. I had no fatalities that were apparently in any way due to the enforced lack of food. In cases of chronic diseases in which death was inevitable, such as cancer, consumption, etc., patients were permitted to take what they could with the least offense to the sense of relish. In every case of recovery there was a history of increasing general strength as the disease declined, of an actual increase of vital power without the support of food that had no more relish than the dose that crucified the nerves of taste. As the months and years went on, it so happened that all my fatalities were of character as not to involve in the least suggestions of starvation, while the recoveries were a series of demonstrations as clear as anything in mathematics, of evolving strength of all the muscles, of all the senses and faculties, as the disease declined. No physician, whose practice has been extensive, has failed to have had cases in which the same changes occurred and in which the amount of food taken did not explain this general increase of strength. Be-

lieving I had made a most important discovery in physiology, one that would revolutionize the dietetic treatment of the sick, if not ultimately abolish it, my visits to the sick became of unsurpassed interest. I watched every possible change as an unfolding of new life, seeing the physical changes only as I would see the swelling buds evolve into the leaves or flowers, reading the soul-and-mind-changes in the more radiant lines of expression. I saw all these things with the naked eye and more and more marvelled at the bulk of our materia medica, the size of our drug-stores and the space given to healing powers in all public and medical prints. For years I saw my patients grow into strength of health without the slightest clue to the mystery until I chanced to open a new edition of Yeo's physiology at the page where I found this table of the estimated losses that occur in death after starvation:

Fat	97%
Muscle	30%
Liver	56%
Spleen	63%
Blood	17%
Nerve centers	0

“And light came as if the sun had suddenly appeared in the zenith at midnight. Instantly I saw in human bodies a vast reserve of predigested food with the brain in possession of power so to absorb as to maintain structural integrity in the absence of food or power to digest it. This eliminated the brain entirely as an organ that needs to be fed or that can be fed from light-diet kitchens in time of acute sickness. Only in this self-feeding power of the brain is found the explanation of its functional clearness where bodies become skeletons. I could now go into the rooms of the sick with a formula that explained all the



***Mr. John M. Morrison, St. Louis, Mo.
Cured of heart trouble. Fasted 15 days.
See page 203.***

mysteries of the maintenance and support of vital power and cure of disease and that was of practical avail. I now knew that there could be no death from starvation until the body was reduced to the skeleton condition; that therefore, for structural integrity, for functional clearness, the brain has no need of food when disease has abolished the desire for it. Is there any other way to explain the power to make wills with whispering lips in the very hour of death, even in the last moments of life, that the law recognizes as valid? I could now know that to die of starvation is a matter not of days, but of weeks and months; certainly a period far beyond the average time of recovery from acute disease. * * * There fell to my care a very much worn-out mother, who took to her bed with an attack of inflammatory rheumatism, with the joints so involved as to require the handling of a trained nurse. The agony was such that the hypodermic needle was required to make existence endurable and it was used with the idea that the brain would be less injured by the remedy than by the agony, with its inevitable loss of sleep. I know of no disease in which treatment has been more savage than in this. The remedies in common use at that time were mainly new and of supposed specific powers; but they were so violent and proved to be so futile that they have been given up since by the majority of the profession. As the days went on the disease declined in spite of the enforced comfort through the needle; there were easier movements, a clearing of the skin from the sallow to a tint of redness and finally, after a month, the armchair could be used for a change. On the morning of the *forty-sixth* day there was revealed in the face the perfect color of health, and happiness marked

every line of the expression. There was ability to walk through several rooms of her home. But it was not until the afternoon that the first food was desired and taken and never before was plain bread and butter, the supreme objects of desire, so relished. In the following few months there was an actual gain of forty pounds. My next marked case is a wonderful illustration of the self-feeding power of the brain to meet an emergency and a revelation, also, of the possible limitations of the starvation period. This was the case of a frail, spare boy of four years, whose stomach was so disorganized by a drink of solution of caustic potash that not even a swallow of water could be retained. He died on the seventy-fifth day of his fast, with the mind clear to the last hour, and with apparently nothing of the body left but bones, ligaments and a thin skin; and yet the brain had lost neither weight nor functional clearness. In another city a similar accident happened to a child of about the same age, in whom it took three months for the brain to exhaust entirely the available body-food. I will now enter upon a study of the brain and its powers along these lines, to be enlivened by illustrative evidence. What reason and physiology had I with me that I should use methods in the sick-room wherein the entire medical world was against me and with severest condemnation? The head is the power-house of the human plant, with the brain the dynamo as the source of every possible human energy. We think, love, hate, admire, labor with our hands, taste, hear, smell, see, and feel through the brain. Broken bones and wounds heal, diseases are cured through energy evolved in the brain or the brain system as a whole. The other so-called vital organs and the

muscles are only as so many machines that are run by the brain power with the stomach an exceedingly important machine. That powers so rare do not originate in the bones, ligaments, muscles, or fats, does not need argument; that when the nerve trunks that supply the arm or leg are severed powers of movement and feeling are lost, is known to all; and equally would the power of the stomach be abolished were the nerve trunks cut off. In a general way then, it may be stated that the strength of the body is directly as the strength of the brain. With this physiology, who, in or out of the medical profession, can fail to see clearly that the digestion of even an atom of food is a tax upon the strength of the brain for whatever power needed by the stomach, the machine, for this purpose? Unless it can be proved that the stomach has powers not derived from the brain system, this will have to be admitted. How is the strength kept up in the light of this physiology? The universal belief is that it is kept up by the daily food. In proportion to the prostration of sickness, so are physicians anxious to conserve the energies by working the stomach to the limit of its powers. The brain is not only a self-feeding organ when necessary, but it is also a self-charging dynamo, regaining its exhausted energies entirely through rest and sleep. There is no movement so light, no thought or motion so trivial, that it does not cost brain power in its action—and this is true of even the slightest exercise of energy evolved in digestion. Why then do we eat? For two reasons, or perhaps three: we eat because we are hungry. We rarely fail to eat excessively to satisfy the sense of relish after the normal hunger sense has been dissipated; we may eat to satisfy relish as we eat ice-cream, fruits

and the enticing extras that beguile us to put more food into the stomach after it is already over-filled for its working capacity. But our actual need of food, the best reason for taking it, is to make up for wastes from the general activities; and this is a process in the order of Nature that actually tires the entire brain system, or, in the common phrase, the whole body, unless the stomach has powers not derived from the brain system. Now, as we need not feed the brain in time of sickness, what can we feed? In all diseases in which there are a high pulse and temperature, pain or discomfort, aversion to food, a foul, dry mouth and tongue, thirst, etc., wasting of the body goes on, no matter what the feeding, until a clean, moist tongue and mouth and hunger mark the close of the disease, when food can be taken with relish and digested. This makes it clearly evident that we cannot save the muscles and fat by feeding under these adverse conditions. As to the danger of death from mere starvation, the following remarkable case reveals how remote it is in the ordinary history of acute diseases. The late Rev. Dr. Merchant, of Meadville, Pa., a short time before his death, which occurred some months ago, informed me that a brother entered the army during the War of the Rebellion with a weight of 159 pounds. He was sent home so wasted from ulceration of stomach and bowels that he actually spanned his thigh with thumb and finger. He lived ten days only, to astonish all by the clearness of his mind, even on the last day of his life, when he could think on abstruse questions as he had never been known to do in health. At death his body weighed only sixty pounds. It was Dr. Merchant's opinion, from a history of the case, that no food was digested during the *last*

four months of his life; but it is my opinion that it took a much longer time than this for the brain to absorb more than ninety pounds of the body. That life was shortened by the more rapid loss of the tissues from the disease is to be taken into account in estimating time in starvation. There was a call to attend to a case of typhoid fever in a young girl. In the same vicinity there had been under the care of one of my forceful brethren, a woman in middle life, whose stomach was habitually rejecting all milk and alcoholics poured into it, the doctor having a theory that good would result no matter how brief the time they were retained. For a month my patient swallowed only the desired water and doses which did not corrode, a desire for food coming at the end of the month. The only day and night nurse was an overwrought mother, who got into bed with the same disease as soon as the daughter got out of it. There was another month of severer sickness, when without food and without the horror of dosage, as before, the call for food marked the close of the disease. My services ended here some days before the undertaker took charge of the other doctor's case. A girl in her later teens, with a mild, so-called malaria fever, fell into the same forceful care. There was a true history in this case of nearly two gallons of whiskey, and daily milk from the quart at first down to inability to take the least nourishment at last. Then there were more than a month of days when vital power sustained itself without the ways of violence, death occurring during the NINETEENTH WEEK. The ravenous brain had absorbed the lips to such thinness that the depressions between the teeth were clearly revealed. From the first dose to the last breath this was a case of dying and the most

persistent fight for life against immense odds I have ever become aware of in an acute case. In this case the stomach had become so seared by the alcohol that digestion was impossible, as would have been the case in a body that was not sick. Near this home there was a more delicate girl of about the same age taken with the same fever; but with mild dosage and no food—in Nature's care—hunger came at the close of the fourth week. Later on in the same family there was a case of la grippe, in which for several years there had been a chronic, ulcerative bronchitis that bid defiance to blisters and inhalations, the various specifics of another forceful predecessor, who also was a believer in large doses and full rations of alcoholized milk. * * * The cure of disease and injury by fasting—the mode of Nature—made the greatest impression in families in which there was intelligence enough to comprehend it; but the victories of Nature were complicated by cases in which death was inevitable. With a feeling that I must give the new hygiene to the world in printed form, I did not enlarge in public over a method that would be certain to be suggestive of starvation, where food was supposed to be of the greatest importance. * * * For many years I entered the rooms of the sick a sick man myself; I was a victim of that monster of hydraheads, dyspepsia, or, to call it by a more modern title, indigestion. For such a case as mine there is not today to be found an intelligent hint in any medical text-book as to the physiological way to recovery. The breakfasts in my house were of a character that, without ham, sausage, eggs, steaks, or chops, they would not have to be considered worth spending time over. I had reached a time when a general collapse seemed to be impending; but

it was stayed for a few years by the new life that came to me through the evolutions of health in the rooms of the sick that seemed to portend possible professional glories; but as the years went on I suffered more and more from nervous prostration through waste of power in the stomach. My friends began to enlarge upon my wretched looks and with no little concern; but none were wise enough to realize that my need was words that reminded of life and not of death. By chance I met an old friend on the street when he happened to be thinking about the ways in daily food in Europe, from which he had just returned, and at once began to talk, not about my wretched looks, but about the exceedingly light breakfasts customary in all the great centers where he had been. They consisted only of a roll and a cup of coffee. I was impressed just enough not to forget the fact, but without there being a hint in it to set me thinking. But the time came, "the fullness of time." There came a morning when, for the first time, I remembered that when in ordinary health I had no desire to breakfast; but there was a sense of such general exhaustion from power wasted over an unusual food mass not needed at the previous evening meal that my morning coffee was craved as the morning dram by the chronic toper. Only this, and a forenoon resulted of such comfort of body, such cheer, and such mental and physical energy as had never been realized since my young manhood was happy in the blessed unconsciousness of having a stomach that, no matter how large or how numerous the daily meals, never complained. As for the dinner that followed it was taken with an acuteness of relish and was handled with a power of digestion that was also a new, rich experience; but the afternoon fell

far short of the forenoon. The experience was so remarkable that I at once gave up all eating in the morning and with such reviving effects upon all my powers that the results began to be noticed by all friends. So originated the No Breakfast Plan. Up to this time I had never had a thought of advising anyone to do without food when desired; much less that any of the three daily meals should be given up. My war was against feeding when acute sickness had abolished all desire for food, and this I had been able to conduct many years without exciting suspicion of a general practice of homicide. The improvement in my own case was so instant and so marked that I began to advise the same to others and with the result that each would make known the redeeming work to suffering friends, and so the idea spread in a friend-to-friend way. Now the American breakfast, in point of sheer necessity, is believed to be the most important meal of the day, as the means for strength that is to be called out for the forenoon of labor, and believed with a force of instance that warrants a conclusion that a night of sleep is more exhausting to all the powers than the day of labor. To go into the fresh air, to do anything with an empty stomach, is to invite a fainting by the way, is the general impression; but there were scarcely any cases in which there was not sufficient improvement to prevent all possibility of a return to the heavy breakfasts that had been abandoned. How did this scheme affect me in a professional way, that is, in the reputation as a physician of average balance of brain functions? Some of my professional brethren of strong conviction and ready command of language began at once to try to abolish the dangerous heresy by suggesting that on

this one subject I was absolutely crazy. Of course, their patrons took up this idea with avidity, and so there was a babble of tongues, with myself the central point of attack as crank-in-chief of all cranks. This is not the language of exaggeration; for whatever the law and modern civilization permitted to abolish me professionally was inflicted with tongues by the thousands, the war being made all the more exciting and interesting by the enthusiasm of new recruits to the heresy from the professional domains of my medical brethren. For a time I saw no further than a cure of stomach condition and resulting general comfort. That any disease was to be cured elsewhere than in the stomach by means so simple, did not occur as an original conception; but the fact that giving up the morning meal was attended with improvement of all local diseases set me to thinking. Many of my patients became thin under the regime; but as this was attended by an increase of strength, not even the alarm of anxious friends without faith was ever able to induce a return fully to the old way. But how to explain the loss of weight? A clue came from the following case: The first-born of a young mother had an habitual diarrhea from birth, lasting many months, and yet it seemed well nourished for it was unusually fat and heavy for its age; but the days and nights were long in the care of this apparently well-nourished child. The symptoms were heedless to the every-hour dosing of pellets, or from the tumblers of apparently the purest water. Now, this mother, young as she was, was a woman of convictions and with courage to follow each to an ultimate conclusion. She had heard of miracles resulting from only **THREE FEEDINGS PER DAY** during the nursing period, and

so, notwithstanding a storm of opposition from a vast circle of relatives, she put this first-born rigidly on the three meal plan, with the result of immediate cessation of the bowel trouble, but with rapid decline in weight. This caused anxiety and I was called upon for advice. In every respect, except the weight-loss the improvement was wonderful. After much thought there was a sudden flash of the truth: there were an abnormal weight and bulk, due to general dropsy of debility, similar in character to the swelling of the feet and limbs in the old and feeble. The thickened walls of the blood-vessels, toned with health, caused absorption; but the eyes of the friends would not open to the miracle for a very long time, and so render justice to the heroine, the young mother. As an aider and abettor of such a flagrant system of starvation, I had my full share of opprobrium; but, aided by the strong-minded, sensible mother, Nature gained a sweeping victory, and thus this case cleared my mind from confusion as to the anomaly. This new physiology was not fully apprehended until long after the no-breakfast plan was taken up. It came to me link by link; but the missing link was the fact that food only restores waste, that lost strength is only restored by sleep; and it now seems to me that I was very dull not to have found it out long before I did. It seems to me that no method of health culture, none in the treatment of disease can have any physiological basis where these facts are not taken into account. For a time I failed to look beyond the ailments of the stomach for curative results, until really surprising news began to reach me from many sources. There would come to me those who had to tell about clearer vision, acuter hearing, a stronger sense of smelling, etc., senses that



***Mr. Henry W. Winker, Belleville, Ill. Fasted 26 days.
Cured of Stomach and Liver Complications.
See page 204.***

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were not thought to be affected by disease; or there would be news that *chronic*, local ailments, as *nasal or bronchial catarrhs, skin diseases, hemorrhoids*, or other intractable disease, in some mysterious manner, were undergoing a decline under the new regime. Disappointments have come to hundreds who have given up breakfasts, because of the mistaken idea that they must wait till noon before breaking the fast, and hence had become too tired to digest; and therefore experienced a loss rather than a gain from the untimely noon meals. To give up suddenly the use of alcoholics or of tobacco in any of its forms is to call out loudest protests from the morbid voices that have been kept silent by those soothing powers; and yet no one would accept those loud cries as indicating an actual physiological need. The difficulties arising from giving up the morning meals—even as those from giving up the morning grog—are an exact measure of the need that they shall be given up in order that health, and not disease, shall be under culture. I once heard a Rev. Mrs. tell a large audience of ministers that for more than a week she spent most of her forenoons in bed to endure better the headaches and other angry, protesting voices that were averse to the no-breakfast plan. She had won her case, and thence on a hint of headache or other morbid symptoms was a matter of humiliating and fasting, with prayer for forgiveness and for greater moral strength against the temptations of relish. With many people the breaking of the breakfast habit costs only less power than is called out by attempts to break the alcoholic or tobacco habit; but by persistence a complete victory is certain for all, and the forenoons become a luxury of power in reserve.

Men and brethren of the medical profession, you believe me a heretic in all my professional modes, and only endure me because I do not carry violent hands; but you would bar the sick-room from the bleeder of old. I may attack the lancet, the herbs, the ground roots, whose doses were only as kindling-wood and sawdust, a little more refined, and you will say "Amen" with emphasis. "But we, we live in a more enlightened age; our doses are more refined"—yes, but you administer them with the same force of conviction as to their utility in the cure of disease, and with little thought as to just why they are given and how they act. Predigested foods? If they nourish the sick, why not feed the well? Why not abolish our kitchens at an immense saving in the time, expense and worry of cooking and live on them at an immense saving of the tax of digestion and the digestive processes? Brethren of the medical profession, make haste to let the world know when you have found a case in which you have made use of the lower bowel so to nourish the sick body that it did not waste while the cure was going on. "Oh, you giants of the medical profession! You who have been elected to preside over those great homes of the mentally wrecked because of your eminence in character, ability, experience and professional attainments, do you deny the soundness of the physiology involved in this method of reaching health through Nature? Then let me array against you Alexander Haig, M. A., M. D., Oxon., F. R. C. P., physician to the Metropolitan Hospital and the Royal Hospital, and for Children and Women; late casualty physician to St. Bartholomew's Hospital. I quote from his exhaustive work, "Uric Acid in the Causation of Disease":

“And now I come to the causes which led me to take too much albumen and to suffer severely; in ‘Fads of an Old Physician,’ Doctor Keith refers to another work on diet, by Dr. Dewey, of Meadville, Pa., ‘The True Science of Living,’ and the chief point in this book is that temporary, complete starvation till there is once more a healthy appetite is the best cure for a host of *dyspepsia*, *debilities*, *depression*, *mental and bodily*, and numerous other troubles, and that for similar less severe disturbances of nutrition the great remedy is to leave out the *breakfast*, so as to give the stomach a long rest of sixteen hours or more, with the object of allowing it to recuperate and accumulate secretions after the last meal of the previous day. It is also possible, by introducing more food than can possibly be digested, to overpower digestion so that nothing is digested and absorbed, and starvation results, a fact that has been brought to the front in the most interesting manner in the writings of Dr. Dewey.”

Are you still without any questioning of your authorized, established methods of treating the mentally sick? Then let me quote against you another man across the ocean, whose ability, learning and professional attainments are of the highest order. I quote from “Air, Food and Exercise,” by A. Rabagliati, M. A., M. D., F. R. C. S., Edinburgh, a man with whom patient, exhaustive investigation is only a recreation: “It has been shown by physiologists that certain tissues are absorbed and used before others. Dr. Dewey of Pennsylvania, with whose views I am glad to find myself in general accord, and who seems to have made the same attempt as the writer to view the facts of medical practice from an independent—and may I say original?—standpoint, quotes a

table of great significance from Dr. Yeo, showing how the tissues waste in starvation. But even when wasting to this extent has occurred the curious and significant fact is emphasized that the brain and nerve centers may not have wasted at all. The controlling nervous system thus does not lose its powers till the very last. Generally, however, the wasting process does not require to be carried to the very last, the chronic inflammatory deposits (and in rare cases even a cancerous infiltration) being absorbed and got rid of before this point is reached. As most, if not all, of the chronic diseases depend upon the deposition of waste, unassimilated materials in various situation, or, in other words, depend upon a blocking of the local circulation in this way, a little wholesome starvation is generally of vast benefit by inducing the economy to use up some of its waste stuff. Nature herself points the way to us in this matter, because when things have gone as far as she can bear and when, were things to go on in the same way, death must ensue, she generally throws the patient into bed with a digestive system entirely disorganized, taking away all appetite for food and all power of assimilation for the time being."

There are no overweights who would not receive the greatest benefit by a fast that would diminish the pounds to that of the ripest maturity of life—a fast that would be determined by the time required to reach the desired number of pounds. As a means this method is available to all, and practical where due physiological light will enable it to be carried out with no starving concern to disable vital power. Not very many months ago ex-Governor Flower, of New York, a statesman of national fame, a man of largest pub-

lic spirit, a most valuable citizen, and Colonel Robert Ingersoll, an orator of world-wide fame and of great nobility of soul, dropped as beeves beneath the stroke of an ax because of a fracture of brittle blood vessels. In both of these cases not many less pounds than a hundred had needlessly accumulated. "The history of all overweights is that of a decline of muscle energy, and very generally of the amount of muscle activity as the pounds and years increase; but no cut in the amount of daily food so long as it can be taken with relish and disposed of without any special protesting from the stomach. This is the history of by far the largest majority of those sudden deaths due to *cerebral hemorrhage*, and also the history of most of the cases of imbecility with the overweights.

"And now I address my last words to the mothers of the land. For you the No-Breakfast Plan means the highest possible health, the greatest possible relief from the slavery of toil. On no other plan are there such promises of relief and prevention of all your sex ailments. On this plan only can you become man's equal in the hours of leisure that are his by a feeling of divine right. You also should consider the possibilities of a day of eight or ten hours as needing the reduction all the more because of your weaker bodies. The No-Breakfast Plan means for your children the best possibilities for the conservation of all the higher instincts and powers that will tend to save them from the saloon, the prison, the electric chair. If the Garden of Eden was abolished because you enticed man to eat the wrong food, it is for you to restore a new race of Adams in all the ways of health, of such health as will make the entire earth a 'Paradise Regained.' Readers,

lay and professional, let me reiterate in my parting words, words at *white heat* with conviction as to their *soundness* and utility. *Enforced food is a danger always to be measured by the gravity of the local or general disease—a danger to be measured also by the feebleness of old age—by feebleness no matter how caused.*”

Dr. Dewey cites many cases of typhoid fever, inflammatory rheumatism, malaria, la grippe, bronchitis, obesity, insanity, nervous diseases, dropsy, stomach and bowel troubles of all kinds, Bright's disease, female troubles, alcoholism, asthma, biliousness, boils, bladder trouble, catarrh, chronic diarrhea, chronic dyspepsia, constipation, dyspepsia, eczema, epilepsy, headaches of all kinds, heart disease, indigestion, kidney trouble, loss of hair, lung trouble, melancholia, mental depression, nervous prostration, neuralgia, pneumonia, scrofula, throat trouble, tobacco habit, ulcerated bowels, vertigo, weak lungs, and other manifestations of disease which he has cured by the No-Breakfast Plan and fasting cure. The eminent Dr. Robert Walter, of Walter's Park, Pa., in his admirable work, “The Exact Science of Health,” says of fasting:

“No process of treatment ever invented fulfills so many indications for restoration of health as does fasting. It is nature's own primal process, her first requirement in nearly all cases. As a means of promoting circulation, improving nutrition, facilitating excretion, recuperating vital power and restoring vital vigor it has no competitor. We have shown conclusively that food gives no vital power to any organism, but, on the contrary, excites into action and expends its power. Food if used beyond the vital needs, which in cases of sickness are greatly reduced, immediately

obstructs nutrition, congests and paralyzes the organs of excretion, increases immensely the labor of the heart, irritates the nerves and excites the brain, produces restlessness, insomnia and exhaustion. Fasting is a first step toward the relief of all these, especially in acute diseases. In chronic diseases fasting is hardly less important than acute cases. Obstruction of the vital organs, and especially of the process of nutrition, is the rule. Giving rest to these organs is of utmost importance in order to improve nutrition and restore vigor. The secondary effect is the exact opposite of the primary. The fast may continue for weeks because nature cannot appropriate the food. And all this means scientific rest cure; not rest of one organ or set of organs, but of all organs. And the result in all cases where the continued power of life exists is progress towards recovery; it means building up an enduring superstructure of health upon a substantial foundation of vital power. Food can neither heal, repair nor reproduce the living organism or any part of it. Food if not built into structure floats in the blood as half vitalized material in just the form suited to feed bacteria (germs), all the while obstructing the circulation, preventing nutrition and exhausting power. Feeding in germ diseases, where there is no appetite or power of appropriation, is one of the most destructive methods of treatment ever employed. It is the process of feeding and developing germs; it cannot feed or vitalize the patients."

Other noted physicians endorsing in their writing and using the fasting cure are: A. Rabagliati, M. A., M. D., F. R. C. P., of Bradford, England, author of "Air Food and Exercise," a health book for the people. Dr. Rabagliati, in a recent letter to the author, commenting on my article in the

metropolitan papers as it appears herein on pages 176-183, says: "I endorse almost every word of it. In fact, I have often said the same things myself, being responsible I think for the dictum that we eat (and drink) our diseases, but that we chiefly eat them. Bad as the effects of alcohol are, those of over-ingestion of food are many times worse. I am sending you also a little brochure of mine, in which I think I have shown that neither the work of the body nor even its heat comes from the food at all. Your own interesting experiment points to this view, etc. I wish you all success in the work—the important work—you have undertaken, and hope that the effects of the medical and scientific inquiries will be greatly to increase the health, happiness and longevity of the people. In all countries of the world this inquiry is being conducted and it appears to me it must have these effects, etc." Alexander Haig, M. A., M. D. Oxon., F. R. C. P., a noted physician of London, England, also maintains about the same views, as does also George S. Keith, M. D., LL. D., F. R. C. P. E., one of the oldest physicians of Scotland. All of the above named physicians are authors of ability and their writings are published in several countries. In America hundreds of physicians are finding the light and the method is growing rapidly. In my own practice I can point to many seemingly miraculous cures of all manner of diseases by the rest cure or fasting method after all other means have failed. The record of the longest and most remarkable fast the world has any knowledge of was sent to Mr. C. C. Haskell of Norwich, Conn., by Mr. Lino Coelho of Santa Paula, Brazil. Mr. Haskell gave me the record as the same was published in the New York Journal. It is the case of Miss Maria de Conceicas, a young girl of about

seventeen years of age, of Mendes, Brazil, who fasted for the cure of epilepsy. She has been fasting from food absolutely for more than six months and is robust notwithstanding, and the most active of her sisters. The physician who has the care of her is greatly puzzled over the case and deeply interested in it. After Miss Maria had been fasting for more than *six months* a medical examination gave the following results: Pulse, temperature and respiration, normal; complete vacuity of the bowels; all organs perfect; repugnance to all kinds of food. Miss Maria was born in Pirahy, state of Rio de Janeiro, Brazil. At Santa Monica, where she afterward lived for several years, she fasted two months at one time; she was then drugged with sulphate of quinine, iron and gentian. With this medication she took coffee and bread twice a day. The drugging, at this time, neutralized the benefit of the two months' fast so that she gained nothing by it. She commenced her long fast at Mendes, where her home now is. Three months ago she asked for a mango, but after a moment's hesitation, instead of eating it she threw it away. Miss Maria walks gracefully like a queen, with body perfectly erect and gentle movements. Her father is always urging her to take some food. He says what puzzles him the most is that she has a quiet, normal sleep, and is very active. She is not obliged to work, but says that she could not be idle, and so she is always busy at something. Mr. Coelho writes under date of March 15 that "she has not yet finished the fast and she is right, because if she asks for no food and gets well, what is the need of it?"

And thus we find that whoever tries Healthopathy sings its praises from the housetops, as it

were, and we find that its efficacy is universally the same no matter for what disease it has been tried; the disease must yield when the system is given a rest and the vital force is given a chance to make the necessary repairs.

We next quote a few cases of cure by Healthopathy, taken from "Physical Culture," a journal published by Mr. Bernarr McFadden, now of Physical Culture City, Spottswood, N. J. In the October, 1902, journal we note the case of Mrs. Emma Wacke of Lancaster, O., cured of dropsy by fasting, under advice of her physicians. Also that of Mr. C. E. B. Burrows of St. Paul, Minn., who was cured absolutely of an abscess of the liver by a *thirty-day* fast, under the care of Dr. Perry. Another remarkable case is that of G. H. Tuthill, Minneapolis, Minn., who had been a hopeless paralytic for six years, his left leg being totally paralyzed. He is now entirely cured and walks several miles a day. Another case of Dr. Perry's: The fast was absolute for *twenty days*. Fasting gains in favor in California. San Francisco people interested. Thomas Morrin, engineer, cured his dyspepsia by a fast of *forty days*. Ambrose Taylor of Rialto, fasting *twenty-three* days, cured rheumatism. Mrs. Judith Sampson of Penryn, *seventeen* days, cured dyspepsia. James D. Wren of Martinez, *twenty-three* days, cured stomach trouble. Miss Cora Brown of Redwood, *twenty-seven* days, cured nervousness. Dr. D. Albert Hiller, who prescribed the fasts, has used the method a great deal and says it is a natural, scientific and common sense treatment.

The January, 1903, journal cites the cure of the tobacco habit of a cigarette fiend by fasting *twenty-six* days. July, 1903: Cure of Mr. Arthur Van Meter of Salt Lake City, of dropsy, by a *forty-day*

fast. October, 1903, John A. McFee, of Los Angeles, fasts *twenty-eight* days and cures liver trouble. August, 1904, a hopeless case of dyspepsia cured by a *sixty* days' fast—Mr. D. R. Wilcox of Fairview, Pa. October, 1904, Dr. A. M. Edison of Topeka, Kan., reports cure of a wornout stomach by a *fifty-one* days' fast. These cases can be multiplied at length, but sufficient have been cited to show that doctors all over the country are beginning to wake up to the fact that Healthopathy is nature's cure and is only applied common sense. It cures when all other methods fail. We would like to continue our quotations from eminent authorities in order to bring the fasting method of cure the more forcibly to the attention of the world that many valuable lives may be saved that without this knowledge are only a few steps from the grave. We had intended to quote a number of pages from 'Perfect Health,' a book by Mr. Charles Courtney Haskell, founder of 'The Correspondence School of Perfect Health,' a man whom we have referred to elsewhere herein and whose photo appears on page 116; a man, who since his remarkable cure of a complication of disease conditions more than twelve years ago, has by this method cured thousands of cases of all manner of disease, and has enrolled, as pupils, among many noted persons, King Oscar of Sweden, Count Leo Tolstoi of Russia and Dr. Wu Ting Fang, who has just been reappointed minister to this country from China; all of whom testify to the benefits received from the new way of living. Mr. Haskell has dedicated his life, his services, his time and his money to the promulgation, throughout the world, of this wonderful method of cure—the cure that snatched *him* from the brink of the grave when the last ray of hope

was faintly glimmering in the dim distance of despair, when the disciples of the entire knowledge of medical schools had expressed the dictum: he cannot survive. But space forbids and we must be content with the following letter from him:

NORWICH, CONN., U. S. A., Oct. 14, 1907.

Dr. I. J. Eales, Belleville, Ill.:

My Dear Sir and Friend—I very gladly comply with your request to make a brief statement of my experience under “True Scientific Living,” trusting that such experience will be helpful to the readers of your book, which I am glad you are to give to the public; for I believe that it will contain much information that will be very helpful to those who are seeking for the true cause and cure of disease.

Twenty-two years ago, after leading a very strenuous life of nearly half a century, I broke down completely in health. I lost the use of my left lung and my nervous system, as well as physical system, was a complete wreck. Some of the most noted physicians in this country stated that there was no possible hope of my recovery.

For eight long, weary years I fought the battle against disease and weakness, and at the end of that time was ready to give up and go into the grave, literally worn out. In fact, I felt that my body all but my head was already in the grave. Just at this time, providentially and in a most wonderful manner, there came to me the knowledge of the “No Breakfast Plan”. It came in such a way, and with Marvelous evidence, that I was convinced that it was the right thing not only for me to follow, but for every other person, especially for those who were diseased and desired



"67 Years Young."

*Yours for Humanity.
Charles Courtney Haskell,
In Perfect Health.*

to be restored to health. Myself and family adopted the plan, so that for nearly fourteen years there has been no breakfast table set in my home, except for guests who still continue to indulge in that meal.

Immediately on adopting the "No Breakfast Plan," I began to improve and to gain in strength. For nearly fourteen years I have not eaten a morsel until the noon meal at 12 or 1 o'clock, often eating but one meal a day, sometimes fasting for a week, and at one time for eighteen days; such fasts always being attended with great benefit, physical, mental and spiritual.

As I went on, further light for health came to me, which I adopted. As a result, in due time I rebuilt my body and mind so that I had and still have the conscious realization that I am in Perfect Health, and I have the knowledge of how to keep it. I have for the past ten years made it my life work to help my suffering fellowmen out of disease into health thru giving them the true knowledge of the cause and cure of disease.

I trust your book may have very large circulation, for it will doubtless carry conviction to many minds that the cure for disease is not to be found in the drug system, but in the breaking up of the bad habits of living, which are the cause of all forms of disease, and adopting correct habits of living, which is the cure for disease.

From my studies, investigations and experience of nearly fourteen years, I am fully convinced that there is no power so potent in the cure of disease as absolute fasting from food until one experiences the natural sensation of hunger, which always comes when disease is overcome.

With sincere good wishes for you for your suc-

cess in your blessed work of saving our suffering fellowmen from disease, I am,
Yours for the Redemption of our whole race from dis-ease and in, Perfect Health,
(Signed) CHARLES COURTNEY HASKELL.

We might continue to cite eminent physicians in various parts of the United States who use the fasting method or *Healthopathy*, as I have named it, and give the records of many marvelous cures made by such well known humanitarians as Chas. E. Page, Boston; Dr. Tilden of Denver, Colo., editor of a reform health journal called "A Stuffed Club," which is stuffed full of good common sense in every issue. Drs. M. E. and R. C. Conger, of Chicago, authors of the "Nature Cure"; Dr. Emmet Densmore of New York City, author of "How Nature Cures"; Jos. F. Land, M. D., New York City; H. C. Houghton, M. D., New York City; W. E. Davis, M. D., Springfield, Mass.; C. E. Hastings, M. D., Boston, Mass.; Amos R. Collins, M. D., Rhode Island; B. B. Perkins, M. D., Philadelphia, Pa.; M. D. Collins, M. D., Ocean Grove, N. J.; J. M. Plummer, M. D., Boston, Mass.; C. M. Nordstrom, M. D., Malden, Mass.; J. W. Dill, M. D., D. O., Oskaloosa, Ia.; D. M. Sheedy, Poughkeepsie, N. Y.; E. Gallup, M. D., Santa Ana, Cal.; Chas. H. Shepard, M. D., Brooklyn, N. Y.; A. P. Buchman, M. D., Fort Wayne, Ind.; Wm. F. Kier, St. Louis, Mo.; W. R. C. Latson, M. D., New York City; Mr. Edgar W. Conable, editor of "The Path Finder," Los Angeles, Cal.; Mr. Edward E. Purrington of New York, the poet, author and lecturer, and many others. We trust, however, that enough has been written to stimulate investigation, thought and research along the line portrayed, which we firmly

believe will lead to the same conclusions and deductions as those which have been attained by the writer. In part three there will be found much valuable advice as well as a history of the authors' fast.

PART III.

HISTORY OF THE AUTHOR'S THIRTY-ONE DAYS' FAST, BEGINNING MAY 31ST, 1907, AT NOON, AND ENDING JULY 1ST, 1907, AT NOON.

“Know then thyself,
Presume not God to scan,
The proper study of mankind is man.”

And what is man? “A product of the universe. Physiologically, of all orders and properties of matter; psychologically, of all essences and properties of mind,” and, as Alexander Pope says, “The glory, jest and riddle of the world.”

The more man studies, the more marvelous become his achievements. On Friday, May 31, 1907, at noon, the author decided to study himself during an absolute fast, living on air and water alone. The undertaking is for the reduction of superfluous flesh and also for scientific purposes, as I shall make public the record of my fast, and thus give the public the benefit of my experiments.

Friday Noon, May 31, 1907, after eating, I weigh 192 pounds gross; my clothing weighs $7\frac{1}{2}$ pounds, leaving my weight, net, $184\frac{1}{2}$ pounds. My gross weight will be recorded each day at noon and by deducting $7\frac{1}{2}$ pounds from the gross weight as given, my net weight may be ascertained at any time during the fast. My clothing will be so arranged that the weight worn each day during the fast will be $7\frac{1}{2}$ pounds. By reference to



*The Author in 1893. Age 34. Weight 235 pounds.
Chest 46 inches. Waist 47 inches. Neck 17½ inches.*

the following table it will be noticed that my gross weight should be about 172, instead of 192, which it is now, and the measurements in proportion. I shall fast until I reach the standard weight or even less. I give my measurements now as compared with the *standard* and, as you will notice, I am by no means an artist's model and I never expect to attain the perfections of measurements as given in the table, but I can improve, and, to show the improvement, I will also give my measurements at the end of my fast. At the beginning they are as follows, viz:

Standard weights and measurements for a man 5 feet 10½ inches in height and those of the author compared:

Weight, gross, standard.....	172 lbs.	Author's	192 lbs.
Weight, net, standard.....	165 lbs.	Author's	184½ lbs.
Lung capacity, standard.....	280 cu. in.	Author's	290 cu. in.
Neck, standard.....	14¾ in.	Author's	16 in.
Arm, standard.....	13½ in.	Author's	14 in.
Forearm, standard.....	11¾ in.	Author's	12¼ in.
Wrist, standard.....	7½ in.	Author's	7¾ in.
Chest, standard.....	43 in.	Author's	43 in.
Waist, standard.....	34 in.	Author's	44 in.
Thigh, standard.....	22½ in.	Author's	23 in.
Knee, standard.....	13 in.	Author's	13½ in.
Calf, standard.....	14¾ in.	Author's	15½ in.
Ankle, standard.....	9½ in.	Author's	9½ in.

My pulse rate is 72 per minute. Specific gravity of urine, normal, 1015. I expect to perform the same amount of work as usual during the fast, if not more. I am now working in my office and out of it eleven and twelve hours a day, and doing a large office practice. The treatments given are physiological, the same treatments as are usually given in the large sanitariums throughout the country. We have nine rooms fitted up for different physiological treatments. Particular attention is given to Osteopathy, diet and breathing.

Saturday, June 1, 1907: Slept fairly well last night, but have quite a severe headache, probably

due to smoking, which I indulged in last night. Busy day at office, as Saturday generally is. Drank lemonade and water to the amount of nearly two quarts. Pulse beats steadily at 72. Specific gravity of urine, 1015. Weight at noon, 190 pounds; two pounds of adipose tissue have melted during the first twenty-four hours. It is the history in all fasts that during the first few days the weight diminishes more rapidly than later on. My first trial of fasting took place about twelve years ago, when I weighed 235 pounds; chest, 46 inches; neck, 17½ inches; an abdominal circumference of 47 inches; an irritated stomach, constant pain in the back over the kidneys, and was threatened with albuminuria and functional disease of the heart. I had up to that time been a hearty eater, and used meat to excess; was also a heavy smoker. I realized that my condition was serious, but what was I to do? I knew that drugs would not help me, but would rather aggravate my condition. My height was 5 feet 10½ inches, and I should weigh about 165 pounds. I was therefore 70 pounds (over 40%) over weight. My lung capacity was only 250 cubic inches, and to oxygenate 235 pounds of flesh would require a lung capacity of about 400 cubic inches. I must reduce my weight, and how? I remembered Dr. Tanner's fasts, one of forty-two, the other of forty days, and I decided it was the medicine for me to take, and by a series of short fasts I reduced my weight to 180 pounds, my belt line decreased to 42 inches, my stomach was cured and my kidneys and heart better. I felt better than I had for years. Since that date I have continued to take periodical fasts whenever my weight reached 190 pounds. I also decreased my diet, stopped eating meat altogether for two years, gave up eating breakfast and have not

eaten breakfast for about twelve years. My last fast was for a period of eight days, in October, 1906. Had extra hard day's work today and it has certainly taken off some flesh.

Sunday, June 2: Weight at noon, 187½ pounds. This is my day of rest, no office hours Sunday, only emergency calls. Had a good night's rest and am feeling fine this morning; no headache and all sense of hunger gone. Took a long walk with my wife, daughter and grandchild. Being a great believer in the free use of water, I took my usual Sunday ablution both externally and internally, which I expect to keep up eternally, as cleanliness is next to godliness. Read several chapters in the "Great Work," a wonderful production by Florence Huntley, author of "The Dream Child" and "The Great Psychological Crime." All three are books that tend to uplift mankind and teach his threefold nature of Body, Soul and Spirit. Smoked a cigar today. Pulse, 72; specific gravity of urine, 1018.

Monday, June 3: Weight at noon, 185½ pounds. Specific gravity of urine, 1020. I awake earlier mornings and feel more refreshed from my sleep, which is sound and dreamless, no fermenting or decaying mass in my stomach and bowels to throw off poisonous gases to irritate the nervous system and cause one to dream and have horrible nightmares, as is the case in dyspepsia and delirium tremens. Have you ever seen a representation of the stomach of a man in the last stage of delirium tremens? The stomach is congested, color dark purplish or black, with numerous ulcerations; cannot retain food. The condition of his mind is well known to all. What a pitiable sight. Hallucinations of vision cause him to imagine he is pursued by monsters of all kinds, snakes, rats, mice,

etc., or he believes he is covered with vermin of all kinds. Auditory disturbances are common; he hears strange noises and threatening voices; he tries to escape and must be confined. This all is due to an irritated stomach and in consequence a deranged nervous system. Alcohol is classed among the nerve poisons. Half a pint of gin has caused death. It causes histologic changes in the nervous system. This is brought about by abusing the stomach. A poor dyspeptic suffers less, but he is in misery. His sleep is disturbed by bad dreams, spirits depressed, has vertigo, headache, and a don't-care feeling; tired of life, palpitation of the heart, shortness of breath and numerous other peculiar feelings, and all because he is not treating his stomach right. No hunger or bad feeling in my stomach and my brain is clear, mind clear, my step becoming more elastic. I am burning and throwing out about half a pound of solid carbon every day, and living on about 700 grams of oxygen. Oxygen is not given the prominent place it should have in our dietary investigations. I believe it should be classed as a food and that rules should be given for its use. It is certain that very few people know how to use it, that is, know how to breathe. The lung capacity of nearly every person I have examined I find below the standard. People only half breathe. No wonder consumption is the terror of the twentieth century. People are dying for want of oxygen. Oxygen and sunshine are about the only free things people can obtain, and yet sunshine is kept out for fear of fading fine carpets or furniture, and for want of it little cheeks and big cheeks are fading and little and big lungs and tissues are starving for want of oxygen, and tissues becoming carbonized to such an extent that nature must send

an epidemic of smallpox, scarlet fever, diphtheria or some other acute disease to decarbonize the poor victims of dietary perversion. Do you know that fat consists of 76% of carbon? And that the pus thrown off in smallpox pustules, boils and other disease is largely carbon, and that excess of carbon is the cause of most of this class of disease? Think it over. The body in perfect health should contain only about 13% carbon. Look well to your carbon supply; it will cause trouble sooner or later. Don't think that a fat person is a healthy person. If you had had my experience you would know differently. I have tried all stages up to 235 pounds and know whereof I speak. Do not allow your weight to rise above the standard, *as given in the tables on page 181.*

Tuesday, June 4: Weight at noon, $183\frac{3}{4}$ pounds. Specific gravity of urine, 1023; pulse, 72. Another night of refreshing sleep, and I am up taking my cool sponge bath at 6 a. m. My skin is already beginning to brighten and show the effect of a rest of the vital organs. My system must have been filled up with carbon dioxide. Now I am taking no carbon in, but am putting in my time unloading the excess. Have not been drinking as much water as I should drink. I am using a double distilled water to decalcify my arteries and tissues, as I believe that distilled water is better for the purpose than any other. I weigh $183\frac{3}{4}$ pounds at noon, $10\frac{1}{4}$ pounds of fat gone in five days. Am feeling better every day. This was a busy day at the office.

Wednesday, June 5: Pulse, 76; specific gravity of urine, 1022; weight at noon, $182\frac{1}{2}$ pounds. Up at seven. Seven hours of perfect rest, and I am again ready for any test of endurance. I am surprised that I can accomplish the amount of hard

work that I do and not feel tired. I really do not feel as tired at night after my eleven or twelve hours' work as I formerly did when eating two meals a day and I have nearly come to the conclusion that two meals are more than necessary. There are a number of questions that have come to my mind which I must try and solve during my fast regarding the matter of nutrition. We all eat too much and too fast. We do not masticate our food thoroughly. Mr. Horace Fletcher has made some valuable experiments and given to the world his discoveries in a work entitled, "The A. B.-Z. of Our Own Nutrition," in which he was experimentally assisted by Dr. Ernest Van Someren, M. R. C. S., L. R. C. P., of Venice, Italy, and Dr. Hubert Higgins, M. A., M. R. C. S., L. R. C. P., of Cambridge, England. Mr. Fletcher at the age of 44 was fast becoming a physical wreck, so much so that at that age he was ineligible as an insurance risk. He was greatly worried about his condition and at once sought a way to cure himself of his disabilities by the aid of dietary reform. So successful was he that his health at once began to improve and after his complete recovery he set about to give his discoveries to the world, having them first thoroughly tested by numerous experiments made at the direction of such eminent scientists as Dr. Ernest Van Someren of Italy and Dr. Hubert Higgins of England. He also enlisted the interests of Sir Michael Foster of England, member of Parliament and a physiologist, and Prof. H. P. Bowditch of the Board of Scientific Assessors, a distinguished physiologist of Boston, as well as other eminent physicians.

Dr. J. H. Kellogg of Battle Creek, Mich., tested the method thoroughly and in a letter to Mr. Fletcher said, among other very complimentary

things: "I know that you are absolutely right; my personal experience and observation proves it." The great secret of Mr. Fletcher's cure was a *light diet*; but, more than that, a thorough *mastication* and *insalivation* of every particle of food, whether *solid* or *liquid*. *Holding the food in the mouth until it is involuntarily swallowed*, every particle being liquid and thoroughly mixed with saliva. This is the secret discovered by Mr. Fletcher. How simple! Yet, how wonderful the results obtained. From a physical wreck to perfect health and possessed of wonderful endurance, as shown after going through difficult athletic exercises, with no sense of weariness. I quote a few pages from Mr. Fletcher's "A. B.-Z," beginning at page 6:

"A"—*The Psychology of Nutrition. Appetite—Attention—Appreciation.* Appetite is the most important factor in digestion (vide Pawlow). *Normal appetite is indicated* by a desire for some particular simple food, accompanied by a 'watering of the mouth.' *False appetite* is a general discontentment of the body, indefinite of description. It is often expressed by 'all-goneness,' or *stomach-craving*, and calls for something, *anything*, to smother the discomfort of present or recent indigestion. It is like the thirst which follows a debauch. *Ignore false appetite, and wait for a return of normal appetite.* It will come as soon as body repairs have been affected by natural agencies and more material is required. No one was ever injured by intelligently and calmly waiting for an appetite. No one ever starved to death for lack of appetite. Most human ills come from forcing appetite, anticipating appetite, abuse of appetite in some form. *Appetite* is the most important factor in nutrition. This estimation is

based upon evidence given more fully in the various appendices, but the measure of its importance may be briefly stated as follows: *First*—In its normal state appetite is a perfect indicator of the bodily need of nutriment and moisture, both as to quantity and as to the chemical elements required at the moment. *Second*—*Appetite* is a creature of the mind and does not attach to a tissue. It can be as easily changed from abnormal to normal, by suggestion, as can the mind itself, and is not like a solid, the form of habit of which has been set in a mould. Whoever has once experienced a bad oyster and has abhorred oysters ever after will substantiate this claim regarding the caprices of appetite. *Third*—*Appetite* can be easily comprehended and read and the degrees of its satisfaction understood by simple attention and study for a brief period (vide Van Someren). *Fourth*—*Attention* is necessary to create *appreciation* and appreciation is absolutely necessary to stimulate the secretion and flow of gastric and other digestive juices (vide Pawlow). *Fifth*—*Anger*, or shock of any kind, and worry or any of the pessimistic depressants, stop digestive activity and cause indigestion (vide Cannon). *Sixth*—*Menticulture* should begin with its application to selection (through a normalized appetite) of nutriment for the body and continue to aid digestion by right thinking. It is very easy to cultivate calm and fortify against surprise, shock and anger, if the nutrition of the body is carefully attended to. The physical and mental equipments are beautifully reciprocal and necessary to each other in prompting *Menticulture*.

“B”—*The Mechanical and Chemical Physiology of Nutrition—Buccal Digestion Through Mouth Thoroughness*. Mouth treatment of food,

which permits, aids and includes insalivation (mixing with saliva), and which is both actively digestive in its functions and preparatory to final digestion, is the only actual mechanical responsibility we have in our nutrition; and, in connection with favorable "A" conditions, insures a perfect digestion. It has been so fully and clearly explained in some recent articles, "Observations on Mastication," by Dr. Harry Campbell, F. R. C. P., physician to the Northwest London Hospital, printed in the "Lancet" of July 11th, 18th, 25th and August 8th, 1903, that reference to the articles printed herewith is all that is necessary here. In giving attention to careful mouth treatment of *soft* or *liquid* foods until they are absorbed by the swallowing impulse the best health and economic results are obtained. It should, at least, be tried. This will not be found to be a tedious operation after a little practice, when the habit of attention and care has been formed. On the contrary a new appreciation and enjoyment of taste will be acquired, the delight of which has to be experienced to be understood. Some hints on learning how to read the appetite, command the attention and masticate and swallow food material properly follow. *First, Last and All the Time*—Be sure that you are really hungry and are not pampering *False Appetite*. If true appetite, that will relish plain bread alone, is not present, wait for it. Especially beware of the early morning habit—craving. Wait for an earned appetite, if you have to wait until noon. Then: *Chew, Masticate, Munch, Bite, Taste* everything you take in your mouth (except water which has no taste), until it is not only thoroughly liquified and made neutral or alkaline by saliva, but until the reduced substance all settles back

in the (glosso-epiglottidean) folds at the back of the mouth and excites the swallowing impulse into a strong inclination to swallow. Then swallow what has collected and has excited the impulse and continue to chew at the remainder, liquid though it be, until the last morsel disappears, in response to the swallowing impulse. Never forcibly swallow anything that the instincts connected with the mouth show any disposition to reject. It is safer to get rid of it beforehand than to risk putting it into the stomach. Sip and taste milk and all liquids that have taste as the wine tasters do. They never drink wine and yet they get all the enjoyment there is in it and waste none. In a very short time sipping and tasting liquids and masticating and tasting solid food for "all they are worth" will become an agreeable and profitable fixed habit.

Whether "we eat to live or live to eat," why not do as above?

*"Z"—The True Chemical Endpoint of Digestion—The Digestion-Ash, What It Should Be Like When It Is Normal. First—*In adults, or in children after the eruption of teeth and the ingestion of solid food: The non-liquid and non-gaseous waste of the human body which in its normal state is not offensive, should be very small in quantity, should be pillular in form, either separate or massed together; should have no odor when released, should take no odor on standing, should be entirely aseptic (non-poisonous), should drop freely from the exit, leaving nothing behind to wash or wipe away. It may not be collected in the intestines of full grown and elderly persons when normal, as above, in sufficient quantity to require or necessitate emptying oftener than from twice a week to once in two weeks, accord-



*The Author, May 30, 1907. Weight 192 pounds. Age 48.
See table, page 121.*

ing to age, activity, etc., and should neither invite nor justify the description, "it is not that which goeth into a man that defileth him but that which cometh out." *Second*—Economic digestion-ash (solid excreta), as a daily average for an adult of 140 pounds (10 stone; 63.5 kilos), including moisture when released, should not weigh more than two ounces (56.70 grams). An average of less than one-half this amount of waste has been secured in the test experiments. *Third*—The true test of healthy "Z" is absence of odor and completeness, ease and cleanliness of delivery. Frequency, or otherwise, does not so much matter. Quantity, too, is not so important; but with foul odor there is disturbance, strain and danger.

The normal man is a cleanly being with all excreta inoffensive; and by these tokens he may be his own private judge.

Why is it that barnyards are tolerable to the human senses, while open depots of human excreta are fever breeding nuisances and intolerable to beasts and humans alike? This curse of putrid excreta caused more deaths from enteric fever during the Boer War in South Africa than all other causes. It is equally a menace to health and even to life while being formed and carried in the body. *Fourth*—Offensive excreta are quite certain evidence of neglect of the self-controllable parts of our nutrition. They are the tell-tale condemnation of ignorance or carelessness. Each person should learn to read the true bulletins of his health conditions in his waste products of digestion. "Z" is the form the body must assume to render emptying of the digestion-ash natural and easy. Man was built to squat on his heels in defecating and sitting erect on a modern seat is like trying to force a semi-solid through a kinked

hose. *Healthy human excreta are no more offensive than moist clay and have no more odor than a hot biscuit.*

To illustrate the "division of labor":

First—"A," Psychic Environment—Mental State.

This Involves:

Appetite (to select for)	} Digestion.
Attention (to prepare for)	
Appreciation (to assist in)	

(Absolutely necessary to secure secretion and flow of the digestive juices: Vide Pawlow and Cannon.)

Second—"B," Buccal Digestion—Mouth Treatment.

This Involves:

MECHANICAL (teeth)	} Thoroughness.
Chemical (saliva)	

(Absolutely necessary to secure complete digestion and avoid the putridity incident to bacterial decomposition: Vide Campbell and Van Someren.)

Intermediate—The twenty-three letters between "B" and "Z" represent but an inadequate proportion for the spelling of the enormous share Nature assumes in our welfare; marvelously performing her forty-seven forty-eighths share in the secret laboratory of the alimentary canal.

Third—"Z," The true chemical end-points of digestion, by which each self-respector may know how well he has respected his "A" and his "B" and how faithfully he has performed his forty-eighths share in the promotion of his own most fundamental interests." It would be difficult to give better advice than is found in these few pages from Mr. Fletcher's book:

THURSDAY, JUNE 6TH. Weight 181¾ pounds, pulse 76, specific gravity of urine 1020. I wish everybody was feeling as well as I am this morning; if so, I would not continually hear the sad tales of suffering and woe that I do every day. I examine the parties and find in most instances they are overeating and underbreathing. They bolt their food without chewing it, drink with their meals. Eat three meals and two lunches and are always hungry. So weak if they miss a meal. I tell them the trouble is from overeating and they say, "Oh, no, Dr., I am so weak I have to eat or I can't stand it." They want some medicine for a sick stomach. I explain to them that medicine does not act but is acted upon by the organism. *That the power that cures is in man, not in drugs.* That the inherent force, power, or law in man called vitality, or vital force, produces life and it is this same vital force that repairs, preserves and heals the diseased organism. All life is from within, not from without. Drugs do not act upon the organism, but are acted upon by the organism, unless the drug is strong enough to destroy, as is the case with corrosives. The human organism acts on all things not useful or usable in the organic domain—resists them; gets rid of them; purifies itself of their presence through the channel or outlet best suited to the purpose. As, for instance, give a nauseous dose, an emetic, and how quickly the stomach will act upon it and expel it. Give a purgative and the bowels rid the body of it as soon as possible. Give a diuretic and the kidneys take similar action. Give a hepatic and the liver hastens to get it out of the system. Just so each organ does its part in helping the body to free itself from foreign substances that do it harm. By these expulsive acts, vital power is

expended, vitality is lessened and an overdraft is made on the life force. Hence we note that a dose that formerly moved the bowels freely must be increased, as there is less vital force in the bowels after they have been continually putting forth this power, and the same is true of drugs that call forth vital power elsewhere in the body. Larger doses are required as the vital power is depleted, until the poor body is drugged to a standstill. The disease becomes chronic, the vital action of the affected part becoming too enfeebled to carry on its work in a perfect manner. We note this chronic condition in the faltering step, trembling limb, pinched face, hollow eyes, flabby muscles, unnatural color, dry skin, constipated bowels, irritated stomach, deranged liver, etc. Such are the pitiable sights I see every day. I try to teach people how to live. Some will believe me and do as I suggest, improving from the very start. Others who know more than the doctor about eating are still suffering. Too much *carbon* from sugars, starches and fats, on the one hand, and too much *nitrogen* from meat on the other. One or two ounces of fat is a great plenty and three ounces of meat will supply the body with all the nitrogen required for twenty-four hours.

FRIDAY, JUNE 7TH. Weight 181 pounds, pulse 72, specific gravity of urine 1020. I am ready for a hard day's work today. I feel strong, energetic and full of life. Last Friday noon, May 31st, I ate a light dinner and have not eaten a particle or taken any nourishment in any form at any time from that time up to the present. I do not feel hungry, have no craving or desire for food, am drinking distilled water every day, about two quarts in twenty-four hours. I sometimes drink weak lemonade, however, instead of the water.

I have a patient who is all run down, auto-intoxication from overeating and underbreathing. Weighs about 200 pounds but his weight, according to his height, should be about 140 pounds; says he has weighed nearly 262 pounds, is about 65 years of age and has not seen a well day in years. The various doctors have all had a trial at him, but none of them can determine what is the matter. Some days he feels quite well and the next day he is so weak he can hardly walk. Says he eats well, has a good appetite and eats enough at each meal for two men and when he feels weak he makes it a practice to eat all he can, but cannot gain in strength. I told him his trouble was caused from overeating and underbreathing; that his food was not properly digested and the blood became loaded with toxins (poisons), the nervous system in turn was fed with poison, instead of good, rich, nourishing blood. I informed him the only way he could be cured was by giving his entire organism a rest and the only way to rest the stomach was to cease eating, for as soon as the stomach was filled it started the machinery of the body and every organ must do its share to take care of the food eaten. This talk was, of course, revolutionary to him. He was an intelligent man and a reasoner, but his method of reasoning was to compare the human body to a machine, and he said in order to get work from a machine required plenty of coal to get up steam, the more coal the steam engine was fed the more steam it made, etc. He was attempting to carry out this theory on himself by eating three times what any person could digest, but he was growing weaker and could not understand the reason. I said to him: Mr. M., did it ever occur to you that you could burn out the fire-box and ruin the engine by not giving

it sufficient oxygen and not keeping the ashes from the fire-pit? I said, That is exactly what you have been doing, piling in too much fuel, everything is clogged, not an organ is working properly, the pipes are all clogged with poison instead of steam and pure water. You have caused an explosion and you are still trying to run the engine. You must stop work, the engine must be repaired; it is all burned out. Now, the steam engine can be sent to the shop and overhauled, all of the burned out parts can be renewed, new pipes and valves put in and the engine painted up and made to look like new, but how about the human engine? It has got to be repaired while it is running; we cannot put out the fires and take it all to pieces and put in new organs, pipes, valves, etc. It is a self-repairing piece of machinery, with a resident mechanic. The vital force, the force of power that created it, that guided it to perfection, that keeps it running from day to day, the power that keeps the heart beating day after day, year after year, that keeps up a rhythmical breathing, asleep or awake, that keeps the blood circulating, that digests the food, keeps the body at a temperature of 98.6 degrees Fahrenheit, in warm and cold weather. Now, when anything is wrong we must cut down the work, stop feeding and allow this vital force to make the necessary repairs that are needed. The more we eat the more work we are putting on the various organs. we must eat less, or better still, stop eating for twenty-four hours and give the vital force—Nature—a chance to make the necessary repairs, clean house. Mr. M. began to study. He said, "Why, if a man misses two or three meals he will be so weak he can't stand." I replied by saying, "Mr. M., you know I am fasting, have not eaten a

mouthful for a week. You weighed me when I started last Friday noon. I weighed 192 pounds. You weighed me a few moments ago and I weighed 181 pounds. I have lost eleven pounds in a week and I am just as strong and more energetic now than I was a week ago (and to prove it I grasped him under the armpits and held him out in front of me easily). Does that demonstration indicate that I am losing strength?" "Well," he says, "you have converted me to your way of thinking, but I don't know about the eating." Well, he commenced cutting down the food supply and he found that the less he ate the better he felt, so my fast has done good already. Two meals a day are sufficient for the hardest worker. It is impossible to have natural hunger more than twice a day. The morning meal is the one to stop eating. Every one who has stopped it feels better.

SATURDAY, JUNE 8TH. Pulse 72, specific gravity of urine 1018, weight 180 pounds. One pound of carbon less to carry around and supply with oxygen. This being the last day of the week, a great many country people will be in the city and I expect another heavy day's work. The day has been as I expected but I am not yet tired out. Attended chapter meeting and banquet later. I helped wait on the table. Had no desire for food, although some members asked or wondered why I didn't eat. To compromise I drank a cup of coffee. I drank the coffee and went home, but did not sleep a wink all night. A good lesson. There must be something very deleterious in coffee or why should it so disturb the nervous system that a person cannot sleep. And people think coffee is a harmless drink. I have no desire for food and have no faintness; faintness is nothing but the symptom or cry of a tired and worn out stom-

ach and people think it is a call for food. Any person who feels faint or weak after a meal should continue the fast until the faintness and weakness disappears which will not take long. It is a disease; starve it out. After you have starved out the disease commence the right way of living, as follows:

Do not eat except with natural hunger.

Do not drink anything with meals.

Do not eat breakfast.

Do not swallow your food as long as you can hold it in the mouth; masticate it as long as there is any taste left in it. You cannot have natural hunger more than twice a day.

SUNDAY, JUNE 9TH. Pulse 72, specific gravity of urine 1018, weight 179½ pounds. I do not feel as bright as I would, had I not drank the cup of coffee last night. The loss of sleep I feel this morning. Took my usual Sunday bath, both external and internal, and I notice the effect of the absorbed water, the specific gravity of urine having fallen to 1010 since morning. Was called out to see a lady who had been sick for years, had tried everything, she said, and all kinds of doctors, was always weak and could not get any strength, good appetite but always belching after meals, always hungry or a craving for food. I told her what her trouble was and directed her to stop eating for three days and then to eat only when hungry. In a week's time she will feel like a new woman and can eat a meal without distress.

MONDAY, JUNE 10TH. Pulse 72, specific gravity of urine 1020, weight 178½ pounds. Seven hours of refreshing sleep and I start a new week feeling as well as a person can. I am just as strong as I was when I commenced my fast at noon, May 31st, but have lost thirteen and one-half

pounds of adipose tissue. I can lift as much as I ever could and as easily as I ever did, notwithstanding the fact that physiology teaches as follows; I quote from Kirke's Handbook of Physiology, Seventeenth American Edition, published in 1902, viz.: "Water is absolutely essential to life; an animal will not survive deprivation for longer than a few days." This is true undoubtedly for Dr. H. S. Tanner, when he made his forty-day fast, went without *water* or *food* for *fourteen* days but became very weak. He went out to a spring, however, and drank his fill and says he felt like a new man, came back and ran upstairs like a boy and went on with his forty-day fast, but drank water from then on. So a person may live fourteen days without *water* or *food*, according to Dr. Tanner. Page 440: "The animal body deprived of all food, in the course of variable time, dies from starvation. The effect of *starvation* on the *lower* animals, as recorded by various experimenters, is: '*Loss of weight*, the loss being greater at first, as a rule, but afterward not varying very much, day by day, until death ensues. Chossat found that the ultimate proportional loss was, in different animals experimented upon, almost exactly the same, death occurring when the body had lost two-fifths (40 per cent) of its original weight.' Different parts of the body lose weight in different proportions. The chief losses are sustained by the adipose tissues, the muscles and glands. In the human subject death commonly occurs in from six to ten days after total deprivation of food. But this period may be considerably prolonged by taking a very small quantity of food, or even water only. The cases so frequently related of survival after many days, or even some weeks of abstinence, have been due either to the

last mentioned circumstances, or to others no less effectual, which prevented the loss of heat or moisture. Cases in which life has continued after total abstinence from food and drink for many weeks, or months, exists only in the imagination of the vulgar." *There is no danger from starvation until the skeleton condition is reached.* It makes a great difference where a person commences to figure the 40 per cent loss as spoken of above. According to Professor Chossat, death occurred in animals when the body loss was 40 per cent of its original weight. This must be computed from normal weight, as most animals are normal unless domesticated and man-fed. This rule will not work with the human unless you figure from the normal weight and not from the original weight. For instance, my original weight twelve years ago was 235 pounds; 40 per cent of 235 is 141 pounds and 141 pounds would still leave me in fair weight and condition, as a great many men my height (5 feet, 10½ inches) only weigh 141 pounds. But deduct 40 per cent from what my weight should be, viz., 165 pounds, and I would, at starvation point, according to Professor Chossat, weigh only 99 pounds. We have the record of Mr. Prophet, of New York, who, in 1902, made an absolute fast of fifty-two days. When he commenced he weighed 135½ pounds. When he broke his fast he weighed only 92½ pounds, a loss of 43 pounds in fifty-two days. Forty per cent of his original weight would bring him to 81.3 pounds. He was 11.2 pounds from the starvation mark and to lose the other 11.2 pounds at the rate in which he was losing flesh was a matter of probably another thirty days. Thus you see starvation is a matter of months and not of days. Mr. J. Austin Shaw, of New York, fasted forty-five

days and lost only $26\frac{3}{4}$ pounds. When he started he weighed $199\frac{3}{4}$ pounds net and at the end of forty-five days he weighed 173 pounds net. He was still above normal weight for a man of his height (5 feet, 10 inches) and undoubtedly could have continued his fast for ten or fifteen days more. We have fasts on record of sixty, seventy, eighty days and it is written that Moses, the Great Hebrew Lawgiver, fasted more than one hundred twenty days when he received the Tables of the Law on Mt. Sinai. Our works of physiology must be corrected as in most of our text books no attention is given to the *Mind*. Cases of starvation of men entombed in mines, or when shipwrecked, or when from other causes starvation is enforced and of *starved animals* are quoted as *authority* for all cases of starvation, while we have on record, voluntary and self imposed fasts of animals who have sustained serious injury and would not touch food until the injury was healed which has been a matter of months in some instances. And human subjects have fasted for months curing complications of chronic disease and afterward have enjoyed perfect health. Slight bowel movement in evening.

TUESDAY, JUNE 11TH. Pulse 72, specific gravity of urine 1020, weight 178 pounds. Attended Masonic lodge last evening. After lodge attended banquet and as I had no appetite assisted Brother George Wangelin, who served the banquet, in waiting on the table. Was out quite late, hence am a little sleepy today, otherwise feel excellent. Very busy day for me. Feel lighter and more energetic from day to day. My mind is clear and bright. I believe, as did St. Paul, that there is a material body and a spiritual body. I further believe that by fasting, the material body is thor-

oroughly cleansed, the superfluous carbon is partly absorbed and partly thrown off through the lungs and that every cell in the entire organism is thoroughly cleansed and oxygenated for the reason that during a fast we inspire oxygen and expire carbon dioxide continually and no carbon is taken into the system. All we take in is oxygen and hydrogen in the form of air and water while we throw off oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, sulphur, sodium chloride, fluorine, potassium, ferrum, magnesia, silicon, in different chemical combinations by way of the lungs, skin, kidneys and feces. "The statement is made," says Paul Tyner, "and its suggestiveness is startling, that the proportions of oxygen, nitrogen and hydrogen in the body of an individual, at any one time, are not only an absolute indication of his bodily condition, but will indicate his spiritual condition also. That is to say, the character and developments of the ego itself determines the composition of the body and the proportions of oxygen and nitrogen will be blended in exact relative proportions with the good and evil in a man's nature. Every good thought increases the proportion of oxygen, as a deep breath does, and lessens that of nitrogen, making the body finer or more beautiful and, let us add, more healthful. Every evil thought or impulse that is indulged, increases the nitrogen and has the reverse effect on body and soul." Prof. Elmer Gates, an eminent psycho-physician and investigator, in a published report of his experiments, shows that when the breath of a patient was passed through a cold tube so that it was condensed, certain chemicals mingled with these condensed products, produced no perceivable precipitate. But when the patient became angry, there appeared a brownish precip-

itate. Extreme sorrow produced a gray precipitate and remorse a pink precipitate; that depressing emotions generate in the system injurious chemical compounds, some of which are very poisonous, and that emotions of joy and happiness, etc., generate chemical compounds of nutritious value which stimulate the cells to manufacture energy. How many times have we heard of sad news producing prostration, or a fit of sickness; a mother's milk becoming poison during a fit of anger, causing sickness of her nursing babe and in some instances even death—all produced by the inharmonious exercise of mind. One great mistake of the old schools of medicine is their failure to recognize the great potency of mind. For thousands of years doctors have been trying to cure man by prescribing drugs and poisons. Now they are beginning to learn and to realize that there is something more than a material body; that mind is the man. The body must not be ignored nor neglected, but the end to be attained by our investigations and study is how to secure perfect agreement and harmony between *soul, mind and body*. Thoughts of sickness, fear, worry, selfishness, malice, discontent, anger, hatred, revenge and the like, change our vibrations so as to produce inharmonious conditions of mind, which are manifested in our body as *disease*. Thoughts of health, love, patience, goodness, forgiveness, hope, faith and the like, produce vibrations of harmony which are reflected in our bodies as *ease and health*.

WEDNESDAY, JUNE 12TH. Pulse 72, specific gravity of urine 1022, weight 177½ pounds. Every day since the eighth has been an experiment because I have never fasted over eight days before. It is certainly wonderful how well and

strong one feels. I have no fear of anything. To-day I was warned of heart failure. The papers contained a notice of some man in Washington, D. C., who had died suddenly and he happened to be fasting when he died. Of course, the papers stated that the fast was the cause of his death on the eighth day, I believe, of his fast. At least half a dozen people told me of this case and asked me if I was not alarmed. I said no, not at all. This man's death was not caused by the fast, in fact the fast lengthened his life for if he had not been fasting he would undoubtedly have died a week or more earlier. He probably resorted to the fast to save his life but it was too late; his light was too nearly burned out when he started. How many do we hear of dying after a full meal, when making an after dinner speech or simply sitting in their chairs and expiring. That, of course, is regular, but to die when the heart is resting and doing less work than when one is eating, when it is simply worn out and run down from overwork is always attributed to fasting, if a person is fasting at the time of death.

THURSDAY, JUNE 13TH. Pulse 72, specific gravity of urine 1020, weight $176\frac{3}{4}$ pounds. I can give the same testimony today as before and at noon I begin my fourteenth day without nourishment. Went to art studio of Mr. Samuel Crouch at one o'clock today and had photos taken. What more simple method to cleanse the body, cure disease and unload the surplus flesh which has been accumulating for years is there than a fast; none. So simple and yet so scientific and effective. But all great remedies are simple; some of the best are so simple that people will not use them. And now that we are speaking of simple and great

things, I must give you a few simple rules to use in cases of all kinds of attacks of illness.

Rule 1—See that ventilation is perfect night and day. Remember that in all cases of illness more oxygen is required than usual.

Rule 2—Induce free perspiration by vapor bath or immersing body in hot water or otherwise.

Rule 3—Flush the colon with two quarts or more of warm water. See that the bowels move freely.

Rule 4—Do not eat for twenty-four to forty-eight hours or until natural hunger returns.

Rule 5—Drink freely of hot water or of hot lemonade. Soft water, if possible.

Rule 6—Draw the blood from the vital organs by placing feet in hot water or apply heat to them in bed.

Rule 7—Keep the head cool.

Rule 8—For pain in any portion of the body apply hot cloths to surface of the body nearest the seat of pain.

Rule 9—If pain in stomach or bowels drink freely of hot water every five minutes until relieved.

Rule 10—If stomach is foul, full of indigested food, give an emetic to induce vomiting.

You will note that the whole gist of treatment is to eliminate the poison. Keep the blood circulating freely. Wash out the poisons, instead of introducing more, which is still a common custom and very unscientific and dangerous.

FRIDAY, JUNE 14TH. Pulse 74, specific gravity of urine 1020, weight 176 pounds. Awoke at six this morning, feeling like a lark. Drank one cup of hot water this morning for a change. Have several outside calls to make today besides my regular office work. I feel just as well this morn-

ing as at any time since I commenced my fast. I am strong and full of energy. Could go out and run a foot race. My mind is clear and active. I can think clearly on any subject. I find that so long as the mind is free from worry and fear there is not a particle of danger. It is only when the subconscious mind has suggestions of weakness and fear that the body or any of its organs become weak. It is the action of the mind that causes the body to become strong when healthy thoughts are accepted or weak, if thoughts of disease, weakness, fear, etc., are lodged therein. Instead of the heart growing *weak* during a fast it grows *stronger* every hour as the load it has been carrying is lessened. Can anybody or anything become weaker if you help them by removing part of their work? Isn't it a plain proposition that with increased food all organs must do increased work and with decreased food there is a corresponding decrease of work? Hence, when the food is entirely withdrawn the vital organs will rest and have time to cleanse and repair the house we live in. The blood becomes purer, every cell of the body is renovated, all of the waste products are thrown out and the proper amount of pure oxygen and pure blood supplied to each cell. The brain and nervous system is fed by absorbing the abundant supply of adipose tissue nature has been manufacturing and piling up, trying to keep it from so overcrowding the heart, liver, intestines, kidneys, spleen, pancreas, etc., that they could properly perform their functions. If we did not assist nature by stopping the food supply, it would be but a short time before we were prostrated with an attack of some acute trouble or nature would take away our appetite, create a fever and burn up and throw off this

excessive accumulation of carbon, in the form of smallpox, scarlet fever, diphtheria, boils, skin diseases, pimples, coughs, colds, etc., for disease is only a body cleansing process and the filthier the body the severer the attack of sickness. How exceedingly easy it is then to ward off a spell of sickness. At the first symptom of uneasiness begin a fast and give the vital force—Nature—a chance to catch up with her work; learn to read her signals. Every pain means something. There is a cause for it. We must seek the cause. Some very unscientific physicians, when called and a person is in pain, deaden the pain by using a hypodermic injection of morphine. They stop the pain but do not remove the cause of the same. Nature physicians seek at once to remove the *cause* of the pain and as soon as the cause is removed the pain ceases. To illustrate: Suppose a splinter is accidentally thrust into the flesh, nature immediately takes note of the intruder and prepares an invasion to route him. The point of entrance becomes tender, red and swollen, a doctor is called; the pain is intense. He at once takes his hypodermic and injects a dose that deadens the nerves, stops the pain temporarily and overlooks the cause of the pain. Another doctor is called in and looks for the cause of the trouble and finds the splinter, removes it and in a very short time the place is healed. We should always search for the cause of pain and sickness.

SATURDAY, JUNE 15TH. Pulse 76, specific gravity of urine 1020, weight 175¼ pounds. Up at six o'clock this morning, after six hours of dreamless sleep and am feeling as well as it is possible for anyone to feel. My health seems perfect. At one o'clock today, the beginning of my sixteenth day, I went to the photographer and had two photos

made as records of my conditions beginning the sixteenth day. Through one of my patients who went to St. Louis yesterday and happened to be speaking about my fast in a medical supply house, a reporter from the St. Louis Post-Dispatch learned of it and today I have been interviewed by reporters of both the Post-Dispatch and Globe-Democrat, two of the leading daily papers of St. Louis. Photographs were also asked for, to be reproduced in half-tones in the paper. I told the gentlemen that I preferred that the matter be not made public, especially at this early period of the fast, that if, at the end of my fast, they wished to make mention of it, I would not object, but at this time I desired it should be kept out of the papers. But all of my pleading was in vain. They said the story is out now and we want it. We will write it up, so you had better give us the facts. Well, I thought, there is no use trying to dodge a reporter or you will be sure to get the worst of it. I therefore finally decided to be interviewed. I have fasted many times before and no newspaper mention was made of the matter at all. My longest fast, however, was only eight days. Lots of work and excitement today; very busy all day and people beginning to watch me on the streets. The subject of fasting is new in this part of Illinois and the majority of the people here think if they miss one meal they are liable to collapse. A great many of them eat four and five times a day and any single meal eaten is sufficient to supply the human body with nourishment for twenty-four hours. Is it any wonder that the average longevity of the human is only about forty years, when such perversions are practiced? From statistics gleaned from the best writers it is found that by living hygienically and temper-



*15th day. Weight 167 $\frac{3}{4}$ net. Showing Chest Expansion, 8 inches.
Same strap and same length used in both photos. With
expiration hat is placed under strap. With inspira-
tion strap fits the chest snugly.*

ately we should not be older at 100 years than we are now, under our present methods at sixty years.

SUNDAY, JUNE 16TH. Pulse 76, specific gravity of urine 1018, weight 174½ pounds. Was called to a case this morning at four o'clock and as I went to bed late last night I obtained very little rest and today I have a slight headache due to excitement and little rest. My pulse seems to have increased a little in frequency the past few days but my heart is feeling alright. Visited "Priester's Park" today and heard the band concert given by the famous Canadian organization, the "Kilties Band." The selections and specialties were all very good. Made a record of all my measurements, as shown by table on page 186.

Several St. Louis reporters interviewed me today. Also three from Belleville and requested photographs and details of fast. At twelve M. today I began my seventeenth day. The papers now have me slated for a twenty-day fast. I did not fix any number of days, but I stated that I would fast until natural hunger came. But the papers are prone to get things mixed a little. Anyone who has ever had experience knows that. The reporters have to draw on their imagination sometimes in order to make a good story. Had a slight bowel movement today. Took my regular weekly flushing of the colon or intestinal bath. Smoked part of a cigar last night. Had a very busy day yesterday. Keeping up my strength tests and drinking nothing but distilled water and occasionally a glass of lemonade.

MONDAY, JUNE 17TH. Weight at noon 173½ pounds. Pulse 72, specific gravity of the urine 1018. Had a good rest last night. Am in the pink of condition this morning. Not a symptom

of headache or any other ache today. Find all of the papers are out in large black headlines with one or two columns pertaining to Belleville's fasting doctor, with some interviews that are correct; others that are imaginary. I will have to prepare an article when my fast is complete, giving my reasons for my fast and my views and theory concerning the value of fasting in health and disease. St. Louis Post-Dispatch called me up on long distance 'phone for an interview and gave me a very pressing invitation to come and eat turkey dinner, which was very kind. I informed them that I would accept the invitation for future delivery. Belleville Advocate called me up for an interview and asked me if a nice, juicy, planked tenderloin wouldn't taste good for dinner. I said it might later but I had no desire for anything today. St. Louis News-Democrat and St. Louis Republic also called me up and talked to me. I stated in one of my interviews that when I broke my fast I would begin with Horlick's Malted Milk. Today I received a letter from Horlick's Malted Milk Company, of Racine, Wis., congratulating me on my fast, stating that they had noticed by the papers that when I broke my fast I would begin by taking Horlick's Malted Milk, which they informed me was nutritious, very easily digested and assimilated; a food well adapted to supply the demands and cravings of the system for nutriment, as Horlick's Malted Milk is pure full cream milk enriched and modified by the nutritive extracts of selected malted grains, combined and concentrated in vacuo to a powder form, soluble in water. They stated that they were forwarding prepaid a package of Horlick's Malted Milk, complimentary, for personal use after I break my fast. Had a very busy day and plenty of excite-

ment. People annoy me as I walk through the streets now, nearly everybody talking about my fast, asking me when I am going to eat. "Aren't you hungry? Aren't you weak? Aren't you afraid your heart will stop?" etc.

TUESDAY, JUNE 18TH. Weight at noon 172½ pounds. Pulse 86, specific gravity of urine 1018. Up at six, feeling like a bird. Took my usual cool sponge bath and feel like flying. Was at office at eight this morning. Long distance call from Mr. O. Lillard of the St. Louis Post-Dispatch. Says I have converted him to my theories and he wants to try my medicine for his stomach. Says the comments around the city on my fast are doing a great amount of good. St. Louis Republic sent two reporters over today for an interview and a request to take my photograph in my office, which was granted. Letters from various parts of the United States are now coming in from interested parties inquiring about my theories in regard to curing disease by fasting. Well, I believe, if the truth were known, the system is so old that it is just beginning to be rediscovered. We have records of the ancients attaining the age of not only one century but of centuries. We have records of their living on one meal a day and we have records of their living on two meals a day. "One meal a day is the life of an angel, two meals a day the life of a man, three meals is the life of a beast," was said by a philosopher of the fifteenth century.

WEDNESDAY, JUNE 19TH. Weight at noon 171½ pounds, pulse 80, specific gravity of urine 1018. A cool bath, a hot lemonade and I am at the office at eight this morning. Seem to be growing lighter every day and full of energy. Twenty days at noon since I ate a particle and have no desire

whatever for food. I lifted Mr. Hugo Heinemann as easily today as I ever lifted him, a weight of 242 pounds. Received a letter from my friend, C. C. Haskell, of Norwich, Conn., congratulating me on my fast and telling me of the good work he is doing teaching the world the "new Gospel of health" and the fasting cure. Attended a banquet this evening given by the ladies of the Eastern Star. As I had no desire for food I assisted the ladies in waiting on the table, serving the many courses of delicious viands. New York Clipping Bureau sent me clipping from the New York World today.

THURSDAY, JUNE 20TH. Weight at noon $170\frac{3}{4}$ pounds, pulse 76, specific gravity of urine 1020. A beautiful morning. Good rest and at the office early, preparing to go to St. Louis. Long distance 'phone from Post-Dispatch inquiring about my fast, etc. Something said about my fast every day in all the daily papers. Strength tests this A. M. show strength as great as at the beginning of the fast. Lifted Mr. H. Heinemann, 242 pounds, easily this morning. Went to St. Louis, called at the Post-Dispatch office and had a long interview with Mr. O. Lillard, a reporter, who is very much interested in my fast. Called at the Washington University Hospital, St. Louis, and had blood test made by P. G. Hurford, M. D., House Physician of Washington University Hospital. Microscopic examination of blood on this, the beginning of the twenty-first day without food, reveals the following facts, viz.:

"Washington University Hospital,

"St. Louis, Mo., June 20, 1907.

"To Whom It May Concern:

"This is to certify that I have on this day ex-

amined the blood of Dr. I. J. Eales, of Belleville, Ill., and find the red and white blood cells in the following proportion, viz.:

“Leucocytes or white blood cells, 5,300 per cubic millimeter.

“Erythrocytes or red blood cells, 4,900,000 per cubic millimeter.

“Haemoglobin 90%.

“Respectfully,

“P. G. HURFORD,

“House Physician Washington University Hospital.”

This examination shows the constituents to be normal. In normal blood the white blood cells or leucocytes vary according to Cabot from 3,000 to 10,500, probably averaging 5,000 to 7,000 to the cubic millimeter of blood. The *red cells* or erythrocytes vary from 4,500,000 to 5,000,000 to the cubic millimeter and as high as 6,000,000 are found in healthy young men. Women have normally a smaller number than men. In the moist state the red corpuscles form about 45 per cent by weight of the whole mass of the blood. Over 90 per cent of the organic matter of the red corpuscles is haemoglobin which gives its red color and its oxygen carrying power. The proportion of white cells to red cells in the blood is about one white cell to 500 or 600 red cells. Prof. Stengel says: “The blood in starvation preserves its corpuscular richness surprisingly, even after prolonged abstinence.” And why not? The blood circulates through the arteries, heart, veins and capillaries supplying nutritive material to all parts of the body. Now, this being the case then the reverse must be true that when we stop the ingestion of food the *tissues supply the blood* with

nutritive material. For if the nutritive material is in the tissues and supplied to the tissues by the blood, then the tissues in fasting must supply the blood with nutritive material for in fasting the brain and nervous system are fed by the tissues of the body. Healthy blood consists of 79 per cent water and 21 per cent solids, slightly alkaline in reaction, of a saltish taste and an average specific gravity of 1059. The specific gravity of water is 1000. The average temperature of the blood is 100 degrees Fahrenheit. The quantity of blood in a person under normal conditions equals about one-twelfth of the weight of the body. It has been found, says Kirke's physiology, that in fasting animals there is not over half the amount of blood that is present soon after a full meal. From Kirke we also quote the following, viz.:

USES OF THE BLOOD.

1. "To be a medium for the reception and storing matter, e. g., oxygen and digested food material, from the outer world, and for its conveyance to all parts of the body."

2. "To be a source whence the various tissues of the body may take the materials necessary for their nutrition and maintenance; and whence the secreting organs may take the constituents of their various secretions."

3. "To be a medium for the absorption of refuse matters from all the tissues and for their conveyance to those organs whose function it is to separate them and cast them out of the body."

4. "To warm and moisten all parts of the body."

FRIDAY, JUNE 21st. Weight at noon $170\frac{3}{4}$ pounds. Pulse 76, specific gravity of urine 1018.

Another beautiful morning has dawned and I am feeling as fine as a person can. My temperature has been normal during the entire time since May 31st. Received a number of letters this morning from different states inquiring about the value of fasting in obesity. I answered all. My answer in brief was that there is no other method to be compared to fasting to reduce flesh, absorb abnormal growths, etc. To the question asked by several, "Do you treat patients by mail?" I answered that in most cases of chronic disease I can give advice by mail just as well as to see the patient personally, as I use only Nature's methods to bring about a cure—sunshine, fresh air, exercise, pure water and pure food. But I teach the value and use of sunshine, how to breathe, how to exercise, how to use pure water in the eradication of disease, and how, when and what to eat to build a healthy system. Received a letter of congratulation from Mr. J. Austin Shaw, of Brooklyn, N. Y., today. Mr. Shaw fasted forty-five days in 1905, and prior to that made short fasts from three to fifteen days, curing himself of threatened Brights disease, rheumatism, stomach and other troubles. Mr. Shaw in 1902, when he first learned how to live, weighed 235 pounds, which he reduced to 190 by these short fasts. In April, 1905, his weight had again reached $199\frac{3}{4}$ pounds net and he decided to fast until he reach 170 pounds. His height is 5 feet 10 inches. At the end of forty-five days Mr. Shaw had lost $26\frac{3}{4}$ pounds, leaving his weight 173 pounds net. Mr. Shaw is editor of Florists' Review and worked every day during his long fast from twelve to fourteen hours. In his letter to me Mr. Shaw says: "I think your experience and mine are the only ones on record where we have worked at our

regular professions every day and demonstrate no loss of strength. Yours is a wonderful lesson for humanity, as your profession commands consideration of your experience and I think the people will listen to you. I am well and look well, they say. Good color, never sick, never taste medicine, work every day and hope to for the next 100 years. It is now three P. M. and 100 degrees nearly in the shade. I have had a glass of grape juice that is all and that is all I need until evening. I do not suffer from the heat; many heavy eaters are sweltering. It's a wonderful philosophy, but few there be that find it." Long fasts are for elimination of disease. Short fasts are always beneficial and every body should make them."

SATURDAY, JUNE 22ND. Weight at noon $168\frac{3}{4}$ pounds, pulse 72, strong and regular, as it has been during the entire fast. Strength test made this morning shows no decrease in strength whatever. I lifted Mr. H. Heinemann as easily this morning as at any time during the fast. The papers still keep up their daily interviews which are annoying to me. It is almost impossible for a man to fast and have porterhouse steak, planked white fish, roast turkey, chickens, etc., strawberries and cream, strawberry shortcake and all of the dainties to tempt a man's appetite, continually brought to your mind and attention; everybody talking to you about eating; but still I will keep on a few days longer as natural hunger has not returned. I am keeping up my deep breathing exercises every day. Inhaling every twenty-four hours, 800 grams of oxygen and exhaling about 800 grams of carbon dioxide, consisting of 218 grams of carbon and 582 grams of oxygen. About one-half pound of solid carbon is thrown off in

this amount of carbon dioxide. During a fast the excretion of carbon dioxide is somewhat diminished and by the use of food it is increased. The breathing capacity and inhalation of oxygen, however, is increased and more carbon is oxidized. Exercise increases the exhalation of carbon dioxide about one-third more than during rest.

SUNDAY, JUNE 23RD. Weight at noon 168 pounds, pulse 72, specific gravity of urine 1018. Brain clear as a bell. Awoke at six o'clock. Arose and took my usual Sunday internal and external bath, sun bath and deep breathing exercises, after which, with the assistance of Mrs. Eales, took my measurements as a record of how tissues waste during a fast. My measurements are gradually reaching normal: Neck is now $14\frac{1}{2}$ inches, chest $41\frac{1}{4}$ inches, waist 35 inches, lung capacity 305 cubic inches. I now have 25 cubic inches above the normal which, of course, is good. Twelve years ago my lung capacity was only 250 cubic inches, 30 below the normal. I have increased my lung capacity 55 cubic inches by deep breathing exercises and I intend to increase it still more. The body is about 75 per cent oxygen and requires more oxygen than any other element and yet how few there are that give any attention to breathing. Food is a secondary consideration and yet nearly every one is watching for meal time to come. People are food crazy. I have just read the history of a fast by Mr. J. H. Washburn, of California. He made a forty-three days' fast in 1870, living on air alone and at the end of that time had not lost an ounce of flesh. One of the eight athletes, who fasted seven days at Madison Square Garden, New York, in February, 1904, had a similar experience and actually gained three-quarters of a pound. These eight athletes were

watched during the entire time by paid guards and were also watched by each other; the testimony of all these athletes was that the fast benefited them in every way and they accomplished feats of strength and endurance which are matter of history. World records. These cases seem to transcend all human reason. The fact that a person can live on air alone for forty-three days and supply the body with necessary elements seems more like the vaporings of a visionary mind than the talk of a man of science. But this world is filled with mysteries, some of which defy human reason. The spirit of prejudice, doubt and ridicule is ever ready to cry out impossibility, fake, fraud, can't be done, preposterous, etc., rather than to investigate and learn the laws of nature. Another seeming impossibility and if true may throw the light of reason on Mr. Washburn's fast, is the theory of Dr. George W. Carey, of San Francisco, Cal., that the organic portion of all vegetables and animals—the oil, albumen, fibrin, etc.—is formed by chemical arrangement and combination of aerial elements which make up what is known by the general term, atmosphere. He claims that the food taken into the system is not changed to flesh and bone but acts as a negative pole. We quote from Dr. Carey, viz.: "The commonly accepted idea that vegetation is a product of soil, that it absorbs from the earth the material that builds the structure of the plant and that animal tissue is built up by a metamorphosis of this vegetable substance into flesh and bone, has been proven erroneous. Chemistry and the spectroscope prove that vegetable and animal tissue is precipitated or condensed air. It is well known by chemists that all manner of fruits, grains and vegetables are produced directly from

the elements in air and not from soil. *The Earth*, of course, serves as a negative pole and furnishes the mineral salts of lime, magnesium, iron, potassium, sodium and silica, which act as carriers of water, oil, fibrin, sugar, etc., and thus build up the plant. But the oil, sugar, albumen, etc., are formed by a precipitation, or condensation of principles in air and not from soil. This is a fact abundantly proven. M. Berthelot, a scientist of France; Tesla, the Austrian wizard, and our own Edison have long held that food could be produced by synthetic process from its elements, artificially. Some six or seven extracts, as well as coloring material, are now being manufactured in this manner. Madder is made almost exclusively by this process now. I long ago advanced the theory that animal tissue was formed from the air inhaled and not from food. The food, of course, serves a purpose; it acts as the negative pole, as the earth does to plant and vegetable life, and also furnishes the *inorganic salts*, the workers that carry on the chemistry of life, set free magnetism, heat and electric forces by disintegration and fermentation of the organic portions of the food. But air, in passing through the various avenues and complex structure of the wonderful human organism, changes, condenses, solidifies, until it is finally deposited as flesh and bone." Is there anyone able to disprove the theory advanced by Dr. Carey?

MONDAY, JUNE 24TH. Weight at noon 167½ pounds, pulse 74, specific gravity of urine 1005, nearly as low as pure water. This undoubtedly due to absorption through the kidneys of a large amount of water retained in colon after taking an internal bath yesterday, owing to the fact that after thoroughly cleansing the colon by taking a

gallon of warm water and repeating it, I then took two quarts of clear, warm water and retained it, that it might absorb and cleanse the kidneys. It acts as a diuretic and is very beneficial whenever the kidneys are overworked, or sluggish. The retaining of the two quarts of water also made my weight more than it would have been. Strength tests this morning show that I have lost no strength. I lifted Mr. Hugo Heinemann, 242 pounds, easily. Went to Mr. Crouch's studio and had more photographs taken after one o'clock, showing my condition on the twenty-fifth day of my fast. Received several letters of inquiry from people with various troubles, wanting to fast. One from a Louisville, Ky., doctor with stomach trouble who wants to try fasting if, in my opinion, it will help him. I answered, stating I knew nothing that would begin to give him the relief a short fast would and that it was only a question of how serious his trouble was that would determine the length of a fast necessary for a cure. It is no wonder that people are afflicted with stomach troubles owing to the adulterations of food products practiced by manufacturers, packers, canners and dealers. A pure food law that will reach out and stop this crime will be a godsend for the American people. A thief or robber is a gentleman as compared to the fiend who will place poison in your food. To show the extent that adulteration may be practiced we quote from the "National Visitor": "Prof. Thomas B. Stillman, who gave the now famous 'synthetic dinner' at the Hotel Astor in New York, is a believer in pure food and laws against the sale of adulterated food products under false names. It was to show how easy it now is for unscrupulous manufacturers to fool the public that the profes-



25th day. Lifting Mr. Hugo Heinemann, 242 pounds. Also lifted him with a weight in his hand, making a total of 258 pounds.

sor gave the unique banquet that attracted so much attention. In the fifty-four years of his life and especially in the years he has devoted as student and professor of the science of chemistry he has learned that things are not always what they seem; that not only may skimmed milk masquerade as cream but 'sanotogen,' composed of casein and sodium glycerophosphate, may masquerade as milk, and a concoction which the chemist can make in five minutes may masquerade as fifteen-year-old whiskey. Prof. Stillman has often told his students at Stevens Institute, Hoboken, where he holds the chair of analytical chemistry, about these things, but it remained for him to astonish the public in general by the meal which he served to a few friends on the occasion mentioned. It was a dinner with a menu such as that usually boasted by a first-class hotel, with this difference that almost everything was made by the professor from chemicals in an extemporized laboratory before the very eyes of his guests. Even the omelet was from artificial eggs and with it were served 'synthetic biscuits.' "

TUESDAY, JUNE 25TH. Weight at noon 167 pounds, pulse 76, specific gravity of urine 1012. Something unusual is taking place with me. I now awake every morning at 5:30 or 6, feeling wide awake and ready to spring out of bed the moment I awake, no yawning and stretching as of old; feel refreshed and invigorated, undoubtedly owing to the fact that my entire system is being cleansed and renewed. Purchased a new suit of clothes today, as I have fallen away twenty-five pounds. Received a letter from a St. Louis party this A. M., who is troubled with valvular disease of the heart; height six feet, weight 250 pounds, asking if I would advise a fast for his trouble. I

answered, yes, most assuredly. Your heart is overcrowded by the large amount of fatty tissue surrounding it and at same time your heart is overworked. By stopping the food supply you will immediately reduce the work and allow the heart and all other organs to rest and the nervous system will absorb the fatty tissues for food. You will gain in strength and every organ will gain in strength by giving them a long needed rest. Short fasts are always beneficial and everybody who will take them will improve in health and strength and increase in longevity. Nothing will so effectually assist Nature in her work of healing disease as to keep food out of the stomach. She will cure the disease in one-half the time she otherwise would. No harmful effects can possibly come from a fast. Whoever heard of a rest killing anyone or weakening their constitution? It is impossible. When you stop and think and reason on the proposition for five minutes you are bound to see the Science and Philosophy of Fasting. There is only one scientific cure for obesity and that is, remove the cause—stop eating—fast awhile—let the body absorb this load of predigested food. Then eat only as Nature demands it. Get down to normal weight and eat only sufficient to keep you at that weight if it requires only four ounces of food a day. A letter today asks the question: "Will fasting cure cancer?" Cancer has been cured by fasting and there is no reason why cancer cannot be cured by fasting. Fasting is a cleansing process and cancer thrives on impure blood. If the blood is purified and the food of cancerous conditions removed, how can cancer live? All disease is caused from impure blood. The blood is the life and as the blood becomes so does the body and the life of it

become. Keep the blood stream pure and you can laugh at disease. Don't let appetite rule; thousands are eating themselves to death every year.

WEDNESDAY, JUNE 26TH. Weight at noon 166½ pounds. Pulse 74, specific gravity of urine 1018. Urine keeps up in volume, about sixty-five ounces in twenty-four hours. I am feeling strong, energetic, full of life and vim. Could not feel better. I keep up drinking pure, distilled water at the rate of about two quarts a day. The metropolitan papers still interviewing me daily and I have set Sunday, June 30, as the day I shall partake of my first nourishment which will consist of one ounce of Horlick's Malted Milk in a glass of warm water. Then I will continue my fast twenty-four hours longer to July 1st at noon, at which time I will begin a diet of Horlick's Malted Milk (one ounce of which makes a glass of milk) three times a day and will note the results in a week's time. It seems that Denmark is reforming its dietary. The following article from one of the daily papers will be interesting: "Copenhagen and, indeed, all Denmark, is in a fever of excitement about the latest Nation hero, Dr. Hindhade, of Skanderborg. He published lately a book dealing with diet reform and already his adherents are numbered by tens of thousands in the capital and in every village of the little Kingdom. His reputation is spreading to Norway, Sweden and Germany and especially in Germany the number of 'Hindhadianers' is rapidly increasing. In his book Hindhade answers the questions: What is the best and cheapest way of living and, secondly, what are the most nutritious foods which a human being can consume? Practical experiments, which have extended over years, have forced him to the conclusion that the most nutritious food is at the same

time the cheapest. He makes three tables. The first is a luxurious one, which, if a man indulges in, he will have too much, but which costs only ten cents a day. The second is very substantial and works out six cents a day. The third is an ordinary workingman's fare at two cents a day, or a fraction more. The theory that albumen is needed in food in large quantities, Hindhade knocks on the head. The healthiest food, he says, is bread with a little butter or lard. This might be supplemented by potatoes, fruit and some cheese, with various kinds of cereals and vegetables, but under no circumstances meat, alcohol, coffee, tea or 'other poisons.' On that diet Hindhade and his family have lived for a long time and have been in better health than they ever were before. Living on four cents a day Hindhade rides a bicycle thirty-three miles. His food is black rye bread, a little cheese and now and then an apple. The doctor's book gives many authentic cases of men engaged in the most onerous and mental and bodily work who eat a little bread, palmin and margarine, milk, potatoes and beans, and enjoy life as they never enjoyed it when they were indulging in 'poison.' His system has been introduced into the army on trial. He contends that the new food doctrine should be taught in the schools, as it is a pitiable thing to learn how to live when one is too old to enjoy life. Accompanying the doctor's book are several hundred recipes and, as they are admirable, every housewife in Denmark is buying the book. All over Copenhagen the visitor will see in startling letters: "Lodging and Pension a la Hindhade," where the cost of food is only three dollars a month. Students of both sexes, poor and enthusiastic food reformers, are flocking to these establishments. The

doctors of Denmark are silent but believe that they approve a reform in a land where nearly as many people eat themselves into their graves as die from drink. Hindhade's friends are proposing to erect a statue of him in one of the principal city squares." I congratulate the doctor in his great work for humanity. We need more of this class of doctors throughout the world. More pushers and pullers instead of knockers. This is an age of mind, and reform is sure to follow thought and investigation. Thought means progress. Note the progress, the evolution in almost every line you can mention. Even life or something very close to it has been produced synthetically, as will appear from the experiments of Prof. Leduc, of France. We quote from the August "The Circle": "If Prof. Leduc, of the pretty city of Nantes in France, had flourished in the middle ages he would probably have been tried for witchcraft, tortured and burned. His particular variety of scientific necromancy consists in toying with life and in producing artificial plants and cells which conduct themselves like natural growths but which are composed only of inert matter. Leduc's experiments are so simple that anyone can repeat them without elaborate implements. In the first place, a tiny 'seed' must be made which consists of two parts of cane sugar and one part of copper sulphate. Drop this 'seed' in a solution of 1 to 10 per cent of potassium ferrocyanide, 1 to 10 per cent of common table salt and 1 to 4 per cent of gelatine, and in a few hours or a few days something will happen. The seed germinates; roots and stems are produced; leaves unfold and branches shoot out in all directions. The growth would baffle a botanist. He could not distinguish it from a real plant. The plant has

all the functions of vegetation except one. Its development is arrested by poisons; it heals its wounds; it feeds; in a word, it does everything that can be expected of a plant except the reproduction of its own kind and even that Leduc refuses to consider an insurmountable obstacle. Although Leduc's artificial plants resemble natural plants so closely, and he is himself inclined to consider them a form of life, his opponents hold that they are no more vital than a paper flower or a wax doll. Nevertheless, the experiments have raised a little scientific tempest in Germany and France. Scientists are wondering if the gradations of living to dead matter are so fine that it is impossible to determine at what point life begins, just as among the lowermost creatures it is often impossible to classify organisms as plants or animals. If the functions of vegetation can be reproduced by what we have been pleased to regard as dead matter, it would seem as though we should have to frame a new definition of life."

THURSDAY, JUNE 27TH. Weight at noon 165½ pounds, pulse 72 and strong. Urine normal, specific gravity, 1020. Feeling as well as it is possible to feel. I cannot imagine how one could feel better, after a good night's rest and seven hours of dreamless sleep. Went through my usual ablations, then strength tests. I can lift just as much and lift it as easily as I ever did. Lifted Mr. Hugo Heinemann easily this morning, a lift of 242 pounds, grasping him under the arms. The metropolitan papers still giving accounts of my daily doings and letters are coming every day asking all manner of questions. One party asked if bronchitis can be cured by fasting. I answered, yes, short fasts to cleanse and purify the blood and a carefully selected diet, together with proper hy-

giene, exercise, fresh air, etc., will cure any case of bronchitis. I have lately cured a bad case here in the city. Anyone desiring to communicate with the party will be given the address if they will drop me a line asking for the same. One letter received asks if I would suggest a fast for a bad case of dropsy. Yes, I have cured a number of cases of dropsy by fasting, with the proper hygiene and other accompaniments. What difference to the cure does it make whether a disease is in the lungs, liver, kidneys, stomach, bowels, spleen, pancreas, heart, nerves or skin, whether in the foot or hand. We know that disease is a unity and is caused by our breaking some law of our being and for every broken law we must suffer. We know that the human body is the sum total of what we have been eating, drinking, thinking and doing. That the only way to have a healthy body is to have healthy, pure blood. To make pure blood we must eat pure food and drink pure water, breathe pure air, have plenty of exercise and pure sunlight. And remember that it is not what we eat but what we digest that makes pure blood. If the food eaten is not digested it had better not be eaten at all. I must cite another letter or rather question asked me: "What would you suggest for treatment of ulcerated bowels, following a case of typhoid fever and patient almost skin and bones? Surely fasting in such a case would be suicide, would it not?" No, fasting in such a case might be indicated for a day or two, depending on the former treatment. I quote a case in point from the work of Dr. E. H. Dewey. Speaking of the case of Rev. W. E. Rambo, of India, Dr. Dewey says: "He had become a mere shadow of his former self from ulcerated bowels, the sequel of a badly treated case of typhoid fever.

For several months there had been daily movements tinged with blood; the appetite was ravenous and large meals were taken without any complainings from the stomach. Before a well spread table his desire to eat would become simply furious and it was indulged, regardless of quality and quantity. His brain system had become so exhausted that reason and judgment had no part in his hurricane of hunger. There were seven successive physicians in his case, some of them with many titles. The first one he called on after reaching New England, cut his food down to six bland meals daily. All of them had tried to cure the offending ulcers by dosings. Think whether bleeding ulcers on the body would get well with their tender surface subjected to such grinding, scratching process from bowel rubbish. He was in condition on his arrival to lose six pounds. During the first week of six 'bland daily meals.' After reading the *True Science of Living* he discharged his physician and came under my personal care. These ulcers were treated with the idea of giving them the same rest as if each had been the end of a fractured bone. To relieve pain, to hold the bowels still and to abolish the morbid hunger, a few doses with hypodermic needle were a seeming necessity. In less than two weeks this starving man of skin and bones was relieved of all symptoms of disease and there seemed a moderate desire for food of the nourishing kind. Less than two weeks were required for all those ulcers to become covered with a new membrane, but for fully three weeks only those liquid foods were given that had no rubbish in them to prove an irritant to the new, delicate membrane covering the ulcers. For a time after the third week there was only one light daily meal, with a second

added when it seemed safe to take it. In a little more than three months there was a gain of $42\frac{1}{2}$ pounds of flesh, as instinct with new, vigorous life as if freshly formed by the divine hand. My last word from this restored man was after he, his wife and four children had been back in India for a year and a half, where they were all living on the two-meal plan without any sickness and he had a class of 160 native boys on the same plan. Who can fail to see the science and the sense to relieve all diseases of the digestive tract? There are no cases of hemorrhoids, not malignant in character, in which total relief will not be the result if fasts are long enough; no cases of anal fistula that will not finally close if they can have that rest from violence; that is their only need; and equally, all ulcers and fissures that make life a history of torture. No case with structural disease of any part of the digestive tract not malignant has yet come under my care in which there has not been a cure, or in which there has not been a cure in sight. Through a fast we may let the diseased parts in the digestive tract rest as we would a broken bone or wound on the body." The lady referred to in record of Sunday, June 9th, is now eating with relish, is up and around enjoying life. Had been in bed three months when I was called and was eating all the time to get strength. I had her rest and she soon gained strength by resting her whole organism.

FRIDAY, JUNE 28TH. Weight at noon $164\frac{3}{4}$ pounds. Pulse 76, good and strong; specific gravity of urine 1016. Seven hours of proper rest last night and I feel as light and energetic as a healthy young boy this morning. Drank a glass of hot lemonade this morning, took my usual cold bath, then went to gymnasium for strength tests.

All tests performed as easily as they were twenty-eight days ago. No loss of strength is apparent. Was interviewed by several reporters again to-day. Prepared and sent an article to the papers for publication, giving some of my views regarding the subject of fasting. It seems strange that more thought and investigation has not been given *this*, the oldest method ever practiced for the alleviation of human suffering, practiced uninterruptedly for ten thousand years and yet in this the twentieth century, its great truths are only possessed by a few. Again, of the many social customs and practices of the present day, how many people are there who can give their history or origin? Take the custom of shaking hands, for instance, practiced by everybody, every day. A practice dating back to days when man stood ready sword in hand to slay his fellow creatures and when friendship and good will could best be evidenced by a man's giving to another his right hand, thereby proving or indicating his peaceable intentions through his inability to draw his sword or use it, the right hand being always the sword hand. And to this day we have this old ancient custom of giving the right hand to the exclusion of the left, although the reason for it no longer exists. Nearly all of our social customs and practices are the relics of bygone days, the relics of barbarism. We may cite as illustrations, our marriage customs, the wearing of jewelry, the wearing of feathers and flowers on the headgear. The erection of liberty poles and church steeples. These are all perpetuations of very ancient customs, the history of which is very interesting and instructive. Even the history of red and blue stripes on a barber pole is not generally known. The fact is that in the early history of medicine

in the days when bleeding was considered scientific, the barbers did bleeding as did the doctors, hence this sign of the red and blue stripes, indicated that the barbers were prepared to do bleeding; and now we look back at the system as one of *barbarism*, but the barbers still retain the sign and it serves just as well for a barber's pole as a bleeder's pole.

SATURDAY, JUNE 29TH. Weight at noon 163¾ pounds, pulse 76, specific gravity of urine 1018. Seven hours of refreshing sleep, a cool bath and drink of water and I feel fine, strong, full of energy and vigor. How I retain strength is certainly remarkable. There is certainly some other source of a man's strength besides food. Strength tests this morning show me as strong as I was twenty-nine days ago. I lifted Mr. H. Heinemann easily. Had photos taken this A. M. while lifting 50, 75 and 125 pound weights. This required a great amount of exertion as the dumbbells were raised not only once but many times before a number of people and a number of larger men than I tried to put them up and failed utterly after a number of attempts. I do not claim to be particularly muscular and had not been practicing or lifting heavy weights prior to commencing my fast. I simply lifted all I could without straining myself and have tried it frequently during the fast and have never failed to lift the same amount as easily as I did at the beginning of the fast. The human body is certainly a marvelous combination of the powers and forces of Nature. One by one the theories of medicine have been tested and thrown aside to make room for theories to be discovered. Think of the vile concoctions that have been used in the name of Science to heal the sick. But in spite of all these poisonous concoctions

people frequently recovered. I quote from "Fallacies and Delusions of the Medical Profession," by that Prince of Reformers, who had the courage to come forth, though scorned by his medical brethren, and stand for truth and for humanity, Dr. Alexander M. Ross, of Toronto. He said: "The spirit of progress in the arts, sciences and industries of the world during the past fifty years has wrought no marked change in the healing art. It is today, what it always has been, a colossal system of deception, in obedience to which mines have been emptied of their cankering minerals, the intestines of animals taxed for their filth, the poison bags of reptiles drained of their venom, the blood of black cats and white puppy dogs extracted by vivisection, and all these and many other abominations have been thrust down the throats of credulous and long suffering human beings, who, from some fault of diet organization or vital stimulation, have invited disease.

Less than one hundred and fifty years ago the following disgusting objects were in daily use and formed the most prominent remedies (?) of the medical profession of that period: Earthworms, hogs' lice, snakes, toads, skins of hens' gizzards, vipers' flesh, man's hair, dried human flesh, the heart of a mole, crabs' eyes, hogs' excrements. See "Praxis Medica," London, 1740, by Dr. Sydenham (called the English Hippocrates), pp. 152, 3, 4, 5 and 6. From another standard medical work, "Collecteanæ Medica," London, 1725, page 26, we find the following remedies: For quinsy—Powder of burnt owls, two drachms; burnt swallows, one drachm; cat's brains, two drachms; dried and powdered blood of white puppy dogs, two drachms. For colic—Wolf's guts dried and powdered, two drachms; old man's

urine, three drachms; sheep's excrements, two drachms; a sovereign remedy.

Less than seventy-five years ago witchcraft, charms, incantations and the spittle or touch of a reigning king were believed to be efficacious in the prevention and cure of disease. *Less than thirty-five years ago* millions of human beings up to that time had gone to untimely graves, begging piteously for a cup of water to cool their parched lips while the burning fire of fever was consuming their lives. Doctors in those days said: "Cold water is death; do not give a drop. Give the patient a dose of calomel and a spoonful of warm water." Not only were fever patients denied cold water—nature's remedy—but light and pure air were also denied them; and they were drugged with calomel, physicked with jalap, and depleted of their life blood by the lancet, a tribute to this medical delusion.

Less than twenty-five years ago thousands upon thousands of human beings had up to that time been hurried into untimely graves by the lancet. Old and young alike were subjected to the fallacy of blood letting for the most trivial ailments; thus whole generations were swept into untimely graves by this bloody delusion, which, happily for the present generation, has been discarded.

Less than twenty years ago calomel was in constant use as a sovereign remedy for every ill that human flesh is heir to. This destructive delusion was not discarded until it had filled the world with hopeless, boneless and toothless wrecks. Hundreds of the wretched victims of this fallacy still live to curse this destructive delusion of the physicians of that day. To modify and perpetuate their fallacies to better suit their present purposes, they have substituted the most deadly

poisons, such as arsenic, strychnia, chloral, morphia and scores of other poisons and destructive drugs, that lay the foundation of innumerable ills to the human family. *One of the very latest medical delusions* is the "germ theory," which proposes to prevent and avert the progress of corruption by inoculating with corruption those who are healthy and clean. Smallpox is no longer to monopolize vaccination, but must share it with measles, scarlatina, diphtheria, hypochondria, erysipelas, cholera, hydrophobia and delirium tremens. *Verily, the medical practice of today* has no more foundation in science, philosophy or common sense than it had one hundred and fifty years ago. It is based on conjecture and improved by sad blunders, often hidden by death. A drug which forms the favorite remedy for many forms of disease at one period will, in a short time, be discarded as useless and speedily replaced by some other, and that in turn will soon fall into oblivion as some new medicine comes into fashion.

The medical practice of the future will be preventive, hygienic and dietetic. When the medical professions of today get through with their petty squabbles and jealousies and their silly speculations, with the theoretical microbes of diphtheria, phthisis, cholera, etc., it is to be hoped they will turn their attention to the positive microbes of bad diet, bad ventilation, bad homes and bad habits which invite disease and shorten human life. *The medical reformers*, who have emancipated the people from many of the disgusting and murderous fallacies of the past, will, in spite of fine and prison, continue the crusade against the fallacies and delusions of the profession until a more humane and natural method of treating the sick shall take the place of the present unnatural, un-



30th day. Weight $163\frac{3}{4}$ pounds. Raising two 50-pound dumbbells easily.

scientific and unreliable system of treatment. A better day is dawning. The people, under the enlightened teachings of medical reformers, are beginning to do a little thinking and acting for themselves."

Received a letter and advance pamphlets from Dr. Irving Fisher, professor of political economy at Yale University, giving a number of experiments he has been conducting on dietary reform, proving the value of a vegetarian diet as compared to meat in tests of endurance. In all tests the vegetarians outclassed the meat eaters. Had more photos taken this afternoon.

SUNDAY, JUNE 30TH. Weight at noon, 163 pounds; pulse, 76, strong and regular; specific gravity of urine, 1018. Awoke early this morning, mind bright and clear, feeling full of life and vigor, and this at close to the end of thirty days without food. My strength still remains as great as when I started. After my usual Sunday baths and exercise went out and had a long walk; brought home the daily metropolitan papers, which all contained long articles about my thirty days' fast and my breaking same at noon today by drinking a glass of Horlick's Malted Milk. I drank two ounces by weight of Malted Milk mixed in a glass of warm water, as the papers stated, taking at least fifteen minutes to sip the milk with a spoon. I will continue my fast until 12 o'clock tomorrow, when I will really breakfast. Went to photographer at 1:30 p. m. to finish my photographic record at end of thirtieth day. Had a number of congratulations on my article published in the daily papers. Everybody seems interested in the outcome of my fast. People eye me, watch for me to collapse at any moment, because some who know nothing about fasting have

predicted it. But if they only knew the strength I possess a collapse would be the last thing they would think of. I think I am able to compete in athletic work, this moment, with any one in town of my age and weight. Had Mrs. Eales assist in taking my measurements again today and they show a decrease of 10 inches in waist measure, 2 inches in chest measure, $1\frac{3}{4}$ inches in neck measure, 2 inches in arm, etc., and an increase in breathing capacity of 15 cubic inches. I insert a table of these comparative measures on page 186. Following is an article which appeared in the St. Louis Globe-Democrat, Sunday morning, June 30, 1907, with my article following, minus the headlines and photographic reproduction:

“Dr. Irving J. Eales, the Belleville physician who entered upon a fast at noon, May 30, will taste food for the first time in thirty days at noon today. He will partake of a glass of malted milk and will then fast at least twenty-four hours for the purpose of ascertaining what effect this food will have upon him. From noon Monday he will partake gradually of food, using only cereals for a time, and then partaking of a more soluble *id* diet, all the while waiting sufficiently long between meals to ascertain the effect all foods will have upon his digestive and other vital organs.

“The primary purpose of Dr. Eales’ fast was the reduction of his weight. He also wanted to test the effect of abstinence from food upon the entire system, to be followed by a test of all foods. He entered upon his fast with the intention of abstaining from food for a period of twenty days. At the end of that period Dr. Eales’ condition was such that he decided to continue his fast for eleven more days.

“Beginning his fast at 192 pounds, Dr. Eales lost 29 pounds. His chest measurement has been reduced from 43 to 40 inches and his waist from 44 to 34 inches. His lung capacity has increased from 290 to 305 cubic inches. Dr. Eales’ height is 5 feet 10½ inches, and the normal weight of a man of that height is between 168 and 171 pounds, chest 43 inches and waist 34.

STRENGTH IS NOT LOST.

“There has been little or no depreciation in Dr. Eales’ physical strength as a result of his long fast. Yesterday he lifted to elbow height with one hand weights of 75 and 100 pounds with apparent ease. He also raised, with armpit hold, a man weighing 242 pounds. In physical appearance Dr. Eales is far from being the perfect specimen of an athlete he was prior to the time he entered upon his fast. There has been a noticeable decrease in flesh and his clothing has the appearance of being too large for him, with the exception as to length.

“During all of his fast Dr. Eales’ only nourishment has been copious draughts of distilled water. He has also followed the usual duties attendant upon his practice and appears the picture of health.

“Dr. Eales has received letters of inquiry from prominent physicians and college professors from all sections of the United States concerning the effects of his fast, to all of which he has made replies. In his mail yesterday was a letter from Irving Fisher, professor of political economy of Yale College, asking for a statement of results of his fast and the effects of different foods following the fast.”

"Now that my long fast is ended, and as so many interviews have appeared in the different papers, some of them inadvertently misquoting me, it seems but proper that the public be informed correctly regarding my experiments and what value there is in fasting.

"In all ages fasting has been practiced for various purposes. The meek and lowly Nazarene set us an example by fasting in the wilderness of Judea for forty days and forty nights. How many Christian people are there who follow his example one day in a week? All nations had their religious fasts and feasts. Fasting comes as near being a panacea for human ills as anything can be. By fasting we subdue the baser nature and illuminate the spiritual part of our nature. By fasting we rest every organ of the body, and while they are resting the body is being renovated, rejuvenated, the blood purified, all the senses rendered more acute, the brain becomes clear, every cell of the body, in fact, is cleansed.

"Hundreds of instances are on record of cures of acute and chronic disease by fasting. Fasting will cure the liquor and tobacco habit. It leads to dietary reform. Dietary reform will lead to temperance, and temperance to long and well-spent lives. A normal stomach will not crave intoxicating liquor, hence the temperance people should begin on dietary reform.

"Fasting will cut short an attack of illness. Try it. If you are not feeling well don't eat until natural hunger comes. Fasting tends to lengthen life. Louis Cornaro, who lived over 300 years ago, at the age of 40 was given up by his physicians to die in a few months, broken down both in body and mind, not a sound tissue in his body. He began living on twelve ounces of food in twenty-

four hours; the result was that in one year he was entirely cured of all his ailments, and at the age of 84 he wrote the first of four discourses which constitute his famous treatise, 'The Temperate Life,' which was followed by a second one written at the age of 86; the third at 91, and the fourth at 95. He died in 1566 at the age of 103. For 300 years his treatise, 'The Temperate Life,' has been a classic in his native land and popular wherever studied.

FASTING PRODUCES WORLD CONQUERORS.

"Glance at the history of nations. The downfall of Persia and Greece dates from the time when they departed from the one-meal and two-meal a day plan and started on the road to destruction through gluttony. The Greeks when they ruled the world and produced bodies that were models for artists ate but two meals a day. And the Persians at the zenith of their power ate but one meal a day. Most all long-lived people have been moderate eaters. We can eat long and live short, or eat short and live long. Up to about twelve years ago I was a heavy eater. I weighed 235 pounds, had an abdominal circumference of 47 inches, had an irritated stomach and was threatened with acute albuminuria and functional disease of the heart. I realized that something must be done to remove the mountain of adipose tissue I had accumulated, or I might drop off with heart failure at any moment. What was I to do? I knew that drugs could not help me. I realized that I must get back to normal weight, give my vital organs a rest and stop the manufacture of fat. I knew of no other way to do this but to stop eating, and stop eating I did.

"I had read of Doctor Tanner's fasts—one of forty and one of forty-two days—and decided I would try a few days of his medicine. The result was I reduced myself by a few short fasts to 180 pounds; my kidneys were cured, my heart trouble vanished, my stomach was normal; I felt physically regenerated and my waist measure was reduced to 42 inches—in fact, I was well. Since that date I have indulged in periodical fasts whenever my weight increased to 190 pounds, always feeling rejuvenated at the expiration of the fast. It was a revelation to me, and I began using it in my practice, with the result that acute and chronic troubles that defied the usual methods of medication yielded in some instances like magic as soon as a rest was given to the stomach, and consequently to the entire organism. I began to study.

"I found others were using the system with the same results as myself. I wondered why I could retain my strength and not eat. About the year 1901 a work on diet reform, written by Dr. Dewey, came to my notice, and I discovered that Dr. Dewey had been in the same quandary as myself, but the secret was revealed to him by a table found in 'Yeo's Physiology,' which gives the estimated loss of the different tissues of the body in starvation of animals, as follows:

"Fat, 97 per cent; spleen, 63; liver, 56; muscle, 30; blood, 17; nerve centers, 0.

"I found a table of Prof. Chossat and one by Prof. Voit, which practically agree with that of Prof. Yeo.

"These tables prove that during a fast the nervous system is fed by the adipose tissue, muscles and glands, and consequently does not suffer, and so long as the nervous system is fed there is no danger of starvation and the strength is kept at



30th day. Weight $163\frac{3}{4}$ pounds. Raising 75-pound dumb-bell.

par. Animals do not eat when sick. They keep a clean alimentary canal, and while the vital organs are resting, nature, the vital force, cures the disease.

KEEP THE WEIGHT DOWN TO STANDARD.

Following is a table I have prepared giving the standard heights, weights and lung capacities of males and females, from 5 feet to 6 feet 3 inches:

STANDARD HEIGHTS, WEIGHTS AND LUNG CAPACITY.

Height		MALE				LUNG Capacity	FEMALES				LUNG Capacity	WEIGHT		
		Weight					Weight					Age	Boy	Girl
		Normal	25% Under	25% Over	Cu. In.		Normal	25% Under	25% Over	Cu. In.				
5 ft.	0 in.	120	90	150	200		114	85	142	140		5	45	40
5 ft.	1 in.	124	93	155	208		118	88	147	146		6	50	43
5 ft.	2 in.	128	96	160	216		123	92	154	152		7	53	47
5 ft.	3 in.	132	99	165	224		126	95	158	158		8	57	52
5 ft.	4 in.	136	102	170	232		129	97	161	166		9	62	57
5 ft.	5 in.	140	105	175	240		133	100	166	172		10	67	62
5 ft.	6 in.	144	108	180	248		137	103	171	178		11	72	69
5 ft.	7 in.	150	112	188	256		142	107	178	184		12	78	78
5 ft.	8 in.	156	117	195	264		146	110	183	190		13	85	89
5 ft.	9 in.	162	122	202	272		150	113	188	196		14	93	98
5 ft.	10 in.	168	126	210	280		154	116	193	202		15	105	106
5 ft.	11 in.	174	130	218	288		158	119	198	208		16	118	114
6 ft.	0 in.	180	135	225	296		162	122	203	216				
6 ft.	1 in.	186	140	232	304		166	125	208	222				
6 ft.	2 in.	192	144	240	312		170	128	213	230				
6 ft.	3 in.	198	148	248	320		175	131	219	236				

"When people become fleshy they should breathe more to supply the extra cells with oxygen, as every cell in the body requires about 20 per cent oxygen, but the fact is, as we become heavier we breathe less. The vital organs are surrounded with fat. Fatty infiltration takes place and we suffer for want of oxygen. During my fast my lung capacity increased from 290 to 305 cubic inches. When I weighed 235 pounds my lung capacity was 250 cubic inches. I now weigh 164 pounds and my lung capacity is 305 cubic inches. We should eat less and breathe more.

“A great many are dying slowly from auto-intoxication and food poisoning, from overeating and underbreathing. Many people today are eating themselves into the grave. It is time that some simple truths were taught in the public schools about the care of the human body. Every child should be taught first how to live to attain a ripe old age, and the knowledge afterwards gained would be of some benefit; whereas, at the present time we find our children on the verge of nervous prostration before they graduate and many die before the prime of life. Over 90 per cent of disease is caused by errors in diet—eating too much food, too large a quantity of either the proteids, fats or carbohydrates, or the wrong combinations of food.

DIETARY STANDARDS ARE TOO HIGH.

“Prof. Chittenden, director of the Sheffield Scientific School of Yale University and professor of physiological chemistry, one of the best of scientific authorities, in a series of tests running six months lately made on business men, a company of soldiers and a number of athletes, proves beyond doubt that our dietary standards are all too high; that we are eating two or three times the amount of proteids or nitrogenous food that is required for the hardest manual labor. By reducing the amount of the proteid food there is a great saving in the wear and tear of the vital machinery of the human body and fewer diseases of the kidneys and liver. Tell me what and how you eat, and I will tell you what disease condition is liable to manifest itself sooner or later.

“We should eat to live, keep our bodies up to a certain standard of health, and when we find cer-

tain conditions manifesting themselves, cut off the food supply and find out what is wrong. Nine times out of ten the error is in the diet. Whenever you hear of a person who has lived an exceptionally long life, if you will find out his methods of living you will, nine times out of ten, find he was a moderate eater.

“The greatest feat of endurance ever performed in ancient or modern times was performed on what would be termed a starvation diet. I refer to the feat performed by Mr. Gilman Low at Prof. Barker’s gymnasium in New York City in 1903, when Mr. Low lifted over 1,000,000 pounds in thirty-four minutes and thirty-five seconds. [The same feat as is described on page 85 herein was given here.]

“In regard to my own fast, hunger left me on the third day, and from that day to the time of breaking my fast I never knew what hunger was. I worked eleven and twelve hours each day at my profession. I felt very energetic during the time; drank freely of distilled water during the day, and had it not been for the publicity given by the papers one would hardly have known I was fasting. My reasons for the fast were to reduce my weight, and to make some scientific tests and demonstrations which will in due time be given to the public in a work I shall publish on dietetics, dietary reform and the value of fasting.

“I have disproved some of the theories taught for years in some of our standard text books. I have tested my strength and endurance almost daily and at the end of a thirty-day fast I was able to lift and hold a man of 250 pounds weight by grasping him under the arms.

“My pulse has been normal during the entire period, and my blood normal on the twenty-first

day, when last examined. It is true I have been severely criticised by some of my medical brethren, but science answers important questions by investigation, not by epithet. I have not sought notoriety. I have no need to advertise in any way, have all the work and more than I can attend to, and steadily increasing.

"These facts furnish food for thought, and, although I had much preferred that my long fast had not been made public, still, if by being commented upon I have in any way stimulated thought and investigation so that the value of fasting and dietary reform may be brought forcibly to the notice of suffering humanity, I shall be perfectly satisfied with the knowledge that the *fast* has helped others besides myself. Yours for humanity and in perfect health,

"I. J. EALES, M. D., D. O."

Similar articles also appeared in "The St. Louis Republic," "The St. Louis Post-Dispatch" and the Belleville papers, and extracts therefrom appeared in metropolitan papers throughout the country.

MONDAY, JULY 1st. Weight at noon, 162 pounds. Pulse, 76, strong and regular; specific gravity of urine, 1018. Color and reaction normal. Excitement and interest have grown more intense toward the end of my fast. Some of the doctors are skeptical and think a thirty-one days' fast impossible. But I am only a few hours away from my thirty-first day, and am feeling strong and well and full of energy; no predicted collapse in sight. A number of letters received this morning inquiring about my fast, referring to articles in Sunday papers and several from parties in St. Louis who wish to come to Belleville and place themselves

under my care. 12 M.: *Broke my fast with glass of Horlick's Malted Milk.* One ounce in glass of warm water. Had photograph taken lifting Mr. Hugo Heinemann, as shown on page 200. I lifted Mr. Heinemann very frequently during my fast and always with ease. On one occasion I lifted him before the camera, in this manner, several times while he was holding a 16-pound weight in his hand, making a lift of 258 pounds. The photograph, however, was not perfect and is not reproduced, as it was difficult to hold perfectly still before the camera. Had a very busy day. Sipped 6 ounces of Horlick's Malted Milk during the afternoon and evening. My appetite had not returned when I broke my fast and I did not have the least feeling of hunger, and had I been free I should have continued the fast until hunger returned, but owing to the fact that there is so much interest and excitement aroused by the newspapers I thought best to terminate the fast now. I have covered every point possible surrounding my fast except I had no hired watchers. I had no need of them, and even if I had guards or watchers there would still have been unbelievers. The certificates I have introduced on page 186 ought to be conclusive evidence to all that my fast was absolute for thirty-one days except the two ounces of milk taken on the thirtieth day. Losing thirty pounds of flesh in thirty-one days ought to convince anyone that I could not have taken any nourishment. I have searched through the records of those who have fasted and failed to find where anyone had lost more flesh in the same length of time, and it must be remembered that I was not excessively fat when I commenced my fast. With a loss of thirty pounds of flesh my strength remains the same as when I started. A wonderful

record of strength and endurance for thirty-one days. Following is a comparison of my weight and various measurements with the generally accepted standard of weight and measurements for a man 5 feet 10½ inches tall:

Standard weight and measurements for a male.	Dr. Eales' weight, height and measurements compared during a 31-days' fast, 1907.					
	May 30.	June 16.	June 23.	June 30.	July 1.	
Height	5.10½	5.10½				
Weight, gross	172	192	174.5	168	163	162
Weight, net	165	184.5	167	160.5	155.5	154.5
Lung capacity, cu. in. . .	280	290	300	305	305	305
Neck, inches	14¾	16	15	14.5	14¾	14¾
Arm, inches	13½	14	12½	12	12	12
Forearm, inches	11¾	12½	12	11½	11½	11¾
Wrist, inches	7¾	7¾	7	7	7	7
Chest, inches	43	43	42	41½	41	41
Waist, inches	34	44	36	35	34	34
Thigh, inches	22½	23	22	21½	21	21
Knee, inches	13	13½	13½	13	13	13
Calf, inches	14¾	15½	14¾	14½	14½	14½
Ankle, inches	9 1-8	9½	9½	9	8¾	8¾
Chest, forced inspiration		44	43	43	43	43
Chest, forced expiration.		36	36	35	35	35

The following are certificates made by:

1. Mr. Hugo Heinemann, who weighed me nearly every day and watched my strength tests.
2. Mr. Samuel Crouch, photographer, as to the dates and genuineness of the photographs herein reproduced.
3. Mrs. Gertrude Henderson, nurse and assistant in my office, who weighed me or saw me weighed daily at the office.
4. Miss Mary Fluck, employed at my home.
5. Mr. Geo. Wangelin, caterer and confectioner, where I occasionally went in evening for a glass of lemonade.

BELLEVILLE, ILL., July 1, 1907.

To all whom it may concern:

This is to certify that I am personally acquainted with Dr. I. J. Eales, who has just completed a fast of thirty-one days; that he came into our place of business May 31, 1907, and asked me



31st day. Weight 162 pounds gross. 154½ pounds net.

to pay particular attention to his weight at that time; that I weighed him and found he tipped the scales at 192 pounds gross weight, that he remarked that in two weeks he would be about 20 pounds lighter; that since that date he has come into my place of business almost daily and I have weighed him and have noted his decrease in weight from day to day, and that his weight on July 1 at noon was 162 pounds gross, a total loss of 30 pounds in thirty-one days; that he has tested his strength on me very frequently during the fast, and on the twenty-fifth day had a photograph made lifting me, my weight being 242 pounds (with a 16-pound weight), making a lift of 258 pounds on the twenty-fifth day without food; the same lift he has made very frequently during the fast, and he *last* lifted me on the first day of July at the end of the thirty-first day of his fast, and lifted me easily. These weights and tests have always been in the presence of several witnesses besides myself and can be vouched for by many others. Further, that I firmly believe that no food or nourishment could have been taken and his weight have decreased almost one pound on the average daily. I further believe the statements made by Dr. Eales in regard to his thirty-one days' fast are true.

(Signed) HUGO L. HEINEMANN.

BELLEVILLE, ILL., July 1, 1907.

To whom it may concern:

This is to certify that I am personally acquainted with Dr. I. J. Eales of Belleville, Ill., and have known him for three years last past; that on May 30, 1907, the day prior to the beginning of his fast, I made two photographs of him showing his condition at that time; that on June 14 I made

a second set of photos showing his condition at the beginning of the fifteenth day of his fast; that on June 15 I made a third set of photos showing his condition at the beginning of the sixteenth day of his fast; that on June 25 I made a fourth set of photos showing his condition and showing some strength tests. One was that of lifting Mr. Hugo Heinemann, who weighs over 242 pounds, with a weight (weighing 15 pounds and 15 ounces) in his left hand, making a total lift of 258 pounds, by grasping him under the armpits. The other lift was that of throwing Mr. Heinemann over his shoulder. That on June 29 I made a fifth set of photos showing the doctor raising two 50-pound dumbbells, one in each hand, and another raising a large dumbbell weighing 125 pounds with both hands, beginning the thirtieth day of his fast; that all these tests were made fair and done easily, showing an exceedingly wonderful reserve of strength and endurance without food; that I made a sixth set of photos on June 30, showing his condition at that time, it being the beginning of the thirty-first day of his fast; that I made a seventh set of photos on July 1, showing the doctor lifting Mr. Hugo Heinemann, who weighed 242 pounds; that from my knowledge and my examination of Dr. Eales' condition as to loss of flesh and weight, an average of nearly one pound a day loss, I am firmly of the belief that he could not have taken nourishment and still have fallen in weight and flesh as he has, and I fully believe Dr. Eales' statements in regard to his fast are true.

(Signed) SAMUEL C. CROUCH, Photographer.

BELLEVILLE, ILL., July 1, 1907.

To all whom it may concern:

This is to certify that I am an assistant in the

office of Dr. I. J. Eales and have been there from 7 A. M. to 5 P. M. daily, except Sunday, since and prior to the thirty-first day of May, 1907, to July 1, 1907, and have weighed Dr. Eales daily, or have witnessed him weigh himself daily, and know that the weights as recorded by him are his correct weights for each day at noon, while he was fasting, from May 31, noon, when his weight was 192 pounds gross, to July 1, at noon, when he weighed 162 pounds gross, a period of thirty-one days; that during all of said time he was at his office doing his regular work as usual, working eleven or twelve hours a day, besides making many tests of his strength at the office and many outside calls, and appeared to be as strong and energetic at the close of his long fast as at the beginning; that there have been no eatables of any kind at the office, and as the newspapers were full of the accounts of his fast, daily, after the fifteenth day, I know that he could not have purchased anything at any of the stores or had it shipped in without it being known; that toward the end of his fast some food companies who had read about his fast sent him some samples of breakfast foods to test, and that said samples and all of them are at the office at this date unopened; that I believe his statements in regard to his thirty-one days' fast are true. (Signed) GERTRUDE HENDERSON.

BELLEVILLE, ILL., July 1, 1907.

To whom it may concern:

This is to certify that I have been employed at the home of Dr. I. J. Eales for one and one-half years last past; that during all of said time Dr. Eales has never eaten any breakfast, just a cup of water or Postum cereal or occasionally a glass of milk. At noon he usually ate a light lunch, con-

sisting of whole wheat bread and butter, some vegetables, fruit, nuts, and a little meat, usually once a week; that on May 31, 1907, he ate at noon a light lunch I prepared and since that date up to the present time he has not eaten a particle of food; that I am in charge of the cooking and groceries and know all that has come into the house and how it has been disposed of and that Dr. Eales could not have eaten anything at the house without my knowledge; that I believe his statements in regard to his absolute fast for thirty-one days, except a glass of malted milk on June 30 at noon, which I saw weighed and prepared for him, are true; and he sipped one ounce of malted milk mixed with water on July 1, at noon, at the end of his thirty-one days' fast.

(Signed) MARY FLUCK.

I, Nettie A. Eales, wife of Dr. I. J. Eales, do hereby certify that I have read the above statements and do hereby vouch for the truth of the same. Further, that the measurements as given by Dr. Eales on May 30, 1907, June 16, 23 and 30, as shown on page 186 herein, were all made by or attested by me in every instance and they are his correct measurements.

(Signed) NETTIE A. EALES.

BELLEVILLE, ILL., July 1, 1907.

To all whom it may concern:

This is to certify that I am personally acquainted with Dr. I. J. Eales of this city, who has just completed a fast of thirty-one days; that he has been in my place of business a number of times during the past month and has on several occasions during his fast drunk lemonade in my place, but that he has not eaten any ice cream, ice

cream soda, or any other confection in my parlors during said thirty-one days' fast. Further, that I gave several banquets for the Masonic Fraternity, and that Dr. Eales was present at each banquet and assisted me in entertaining the guests, but that during said banquets he did not partake of anything to eat; that if he had, some of the guests would have seen and spoken of it, as they all knew Dr. Eales was fasting and many of them asked him to eat, but in every instance he refrained; that he drank a cup of coffee, however, Saturday night, June 8, at the banquet and informed me next day that he did not sleep after drinking it; that I was present on several occasions when he was weighed and that I know he weighed 192 pounds, gross, the morning of May 31, 1907, and that he weighed 162 pounds, gross, at the end of his fast, July 1, 1907, at noon.

Respectfully,

GEO. F. WANGELIN,
Caterer and Confectioner.

TUESDAY, JULY 2D. Started for Chicago at 9 A. M. Left St. Louis via Illinois Central railroad at 11:23 A. M. Took with me a two-pound jar of Horlick's Malted Milk and one pound Horlick's Malted Milk Lunch Tablets, as I intend to live almost exclusively on malted milk during the week. In the morning I drank 3 ounces of malted milk with raw egg beaten up in it. My daughter, Dr. Pearl Eales Brooks, and her two-year-old son accompanied me on trip to Chicago. Arrived in Chicago at 8 o'clock in evening. Went to Harvey, Ill., suburb of Chicago, to see Mr. H. B. Veerhusen, a brother-in-law, who has been ill for some time and has been to hospital in Chicago and tried various doctors, but did not recuperate. He there-

fore wrote to me for advice; hence my trip to see him. I drank 3 ounces of malted milk during evening. Total for day, 6 ounces. Am feeling fine. Bowels moved today.

WEDNESDAY, JULY 3D. Had a good night's rest last night. Weighed this morning, after taking one ounce, one glass of malted milk, 162¾ pounds. Examined Mr. Veerhusen and find his trouble is from hypernutrition; has been a very hearty eater; eaten meat two and three times a day. Has a meat market in connection with his grocery store. Find a dropsical condition, enlarged liver, heart trouble and constipation. I started him on a very light diet for one week, viz: a glass of malted milk three times a day. Went to Cook County Hospital to see Drs. A. E. Gammage and S. B. Strong, acquaintances of mine. Saw operation for appendiceal abscess by Drs. Robertson and Strong. Drank glass of malted milk at lunch time. Dr. Strong made a blood test today as follows, viz:

COOK COUNTY HOSPITAL,
CHICAGO, ILL., July 3, 1907.

To whom it may concern:

This is to certify that I have this day made a microscopic examination of the blood of Dr. I. J. Eales, with the following results, viz:

Leucocytes or white blood cells, 7,000 per cu. M. M.

Erythrocytes or red blood cells, 5,528,000 per cu. M. M.

Hæmoglobin, 90%.

(Signed) S. B. STRONG, M. D.,
House Physician, Cook County Hospital.

Compare this with the examination made on June 20, page 153, and note the great increase in

both red and white blood cells. This enormous increase is due to my diet since breaking my fast, and my diet has consisted only of Horlick's Malted Milk and one raw egg beaten up with the milk yesterday morning. Dr. Strong went out with me to dinner. I ate three soft boiled eggs, one ounce of malted milk in glass of hot water, about two ounces of mashed potatoes.

THURSDAY, JULY 4TH. One ounce of malted milk with raw egg for lunch. Went to Cook County Hospital again today and visited ward 24 with Dr. S. B. Strong. Ward 24 is assigned to all classes of nervous diseases. Saw some interesting cases. Had my heart examined and same was found in excellent condition. Last night I woke up shivering; night was cold and rainy; bed close to window, which was wide open and it rained in wetting the bed clothes; felt stiff and sore today. After leaving hospital called on F. C. Schurz, president of the Red Cross Hygienic Company. Had a cup of coffee with them, as they were just eating dinner. From there called on Drs. R. A. & E. R. Hilton. Ate two small bananas. Went back to Harvey on late train.

FREDAY, JULY 5TH. Left for Milwaukee, Wis.; called on Dr. J. H. Greer and Dr. J. B. Littlejohn, Chicago. Every doctor I meet is very much interested in my fast. Drank glass of malted milk with raw egg and ate one poached egg later. 6 P. M. at Waukesha, Wis. Dinner at my sister's, Mrs. Josephine Abbott: Two soft-boiled eggs, glass of milk, little rice and strawberries. Went over to the old home in evening; saw father, mother, brothers and sisters.

SATURDAY, JULY 6TH. At Waukesha, Wis. 10 o'clock A. M. ate two ounces malted milk lunch tablets. Went to Milwaukee on electric car, one

hour's ride. Saw Mr. and Mrs. E. E. Darling, brother-in-law and wife; was at their residence during lunch hour and drank pint of milk with them. Returned to Waukesha in evening and stayed at father's.

SUNDAY, JULY 7TH. Went to St. Mathias' Episcopal Church with father, mother and sister Rhoda in morning. Father took his old place in the choir as he used to forty years ago, as long as I can remember. He has been choirmaster, or a member, for fifty years, is now past 81 years of age and still a singer. After church we all went to sister, Mrs. Josie Abbott's, for lunch. I ate about one ounce mashed potatoes, two cups malted milk, eight strawberries, and slice of bread and butter. After lunch went to Photographer O'Brien's and had photo taken of father, mother, son, son's daughter, and daughter's son, four generations, as shown on page 60. Bade the old folks, brothers, sisters, etc., goodbye and left again for Milwaukee. Supper, two cups of malted milk. Went to Mr. E. E. Darling's, where I stayed all night.

MONDAY, JULY 8TH. Good night's rest and cup of malted milk and took electric car for Racine, Wis., about one hour's ride from Milwaukee. Called at Horlick's Malted Milk plant and saw Dr. Robert C. Hindley, chief chemist of the company, who showed me through the plant, explained the method of preparing the malted milk, etc. Everything about the plant is kept scrupulously clean; not a particle of dust or dirt to be found. For lunch ate three eggs, two slices of bread and one glass of milk. Left Racine at 3 P. M. for Chicago and Harvey, and left Harvey at 10:55 P. M. for Belleville, after finding Mr. Veerhusen much improved on his malted milk diet.

TUESDAY, JULY 9TH. Arrived at Belleville 9 A. M. Went direct to office, took off my coat and went to work. First thing I did was weigh myself and I find I have gained three pounds during my diet, principally of malted milk. I now weigh 165 pounds gross. I had a busy week, as will be noticed from my memorandum, used a great deal of energy, and am in good condition, all my organs working normally, and I am feeling fine. The collapse that was predicted did not arrive and no sign of any weakness whatever. Ate half a box of blackberries for lunch today and the other half for supper in evening. Found my desk stacked high with letters of inquiry from all over the United States and I must work hard now to catch up again. Prepared and had a general letter mimeographed covering all phases of the question of fasting, which I shall send to parties making inquiries. Mrs. Eales and my lady office assistant have kept up the work nicely while I have been absent.

WEDNESDAY, JULY 10TH. Glass of water in morning. For lunch ate two oranges and four ounces of blackberries, glass of lemonade. Mrs. Eales went to Chicago. I went with her to St. Louis to take night train. On return I stopped in St. Louis and ate two eggs.

THURSDAY, JULY 11TH. Glass of water in morning. Lunch, small onion, two ounces of cheese, crackers and lemonade. Supper, two ounces raspberries, two ounces whole wheat bread and butter, two oranges, lemonade.

FRIDAY, JULY 12TH. Fine morning; feeling fine. Drank only one glass Horlick's Malted Milk all day.

SATURDAY, JULY 13TH. One glass of malted milk, six ounces of blackberries, three graham

crackers, two ounces full cream cheese, constituted my diet for this day. Am feeling well.

SUNDAY, JULY 14TH. Dr. Jeths down from Centralia on a visit to see me after my fast. Ate at 12 M. two scrambled eggs, one tomato, two slices of whole wheat bread and butter, glass of lemonade. 8 P. M., ate three scrambled eggs, two ounces potatoes, two slices rye bread and butter, one glass of milk. Nothing more eaten this day.

MONDAY, JULY 15TH. 12 M., lunch, two glasses of malted milk and two graham crackers. 7 P. M., supper, two soft-boiled eggs, one tomato, one glass of milk, two slices of rye bread and butter; later ate dish of ice cream and drank glass of lemonade.

TUESDAY, JULY 16TH. Drank two glasses of fresh buttermilk during forenoon; supper, four ounces blackberries, three scrambled eggs, two slices of whole wheat bread.

WEDNESDAY, JULY 17TH. During forenoon drank two glasses of buttermilk and one glass of malted milk. Supper, three eggs, two pieces whole wheat bread, two ounces cheese, one banana.

THURSDAY, JULY 18TH. Lunch, 12 M., two glasses of malted milk, two ounces grape nuts, three cookies. Supper, three eggs, two tomatoes, four ounces of blackberries, glass of lemonade.

FRIDAY, JULY 19TH. Two glasses of malted milk and one tomato is all I ate today. Very hot day.

SATURDAY, JULY 20TH. Three glasses fresh buttermilk during forenoon. Supper, three eggs and two ounces of potatoes. Had my beard entirely shaved off today.

SUNDAY, JULY 21ST. Lunch, 12 M., two soft-boiled eggs and glass of malted milk. Supper, two poached eggs, two ounces of tomatoes.

MONDAY, JULY 22D. Lunch, one pound of water-

melon. Supper, one glass of lemonade, two ounces tomatoes.

TUESDAY, JULY 23D. During forenoon drank two glasses fresh buttermilk. Supper, six peaches; hour later one glass of malted milk.

WEDNESDAY, JULY 24TH. Two glasses of malted milk at noon. Supper, three eggs, two slices of whole wheat bread and raspberry jelly.

THURSDAY, JULY 25TH. Two glasses of malted milk at noon; three eggs and two slices of whole wheat bread for supper.

FRIDAY, JULY 26TH. Glass of malted milk at 10 A. M.; one pound of watermelon at noon. One-half pound black bass and rye bread and butter for supper.

SATURDAY, JULY 27TH. Two glasses of malted milk at noon and watermelon; three eggs for supper and two slices of whole wheat bread.

SUNDAY, JULY 28TH. Lunch at noon, one glass of malted milk, one tomato, two ounces full cream cheese. Supper, one-half black bass, bread and butter, one tomato.

MONDAY, JULY 29TH. One pound of watermelon for lunch. Supper, three eggs, one tomato, two slices whole wheat bread and raspberry jelly.

TUESDAY, JULY 30TH. Two glasses of fresh buttermilk during morning. Slice of watermelon at noon. Two slices of whole wheat bread for supper.

WEDNESDAY, JULY 31ST. Drank two glasses of buttermilk during morning. Slice of watermelon at noon. Supper, two eggs, two tomatoes, two Holland rusks and butter.

THURSDAY, AUGUST 1ST, 1907.

I have this day made a microscopic examination of my blood and the proportion of white and red blood cells is as follows:

Leucocytes or white blood cells, 7,380 per cu. M. M.

Erythrocytes or red blood cells, 5,870,000 per cu. M. M.

Hæmoglobin, 90%.

My associate, Dr. R. A. Jeths, manager of our Centralia, Ill., *Branch Institute*, also made a microscopic examination of my blood on August 2nd with the following result:

Leucocytes 7.382 per cubic millimeter.

Erythrocytes 5.870,000 per cubic millimeter.

Haemoglobin 90%.

This shows a wonderful improvement in my blood since last examination on July 3, as shown on page 192. I have been living on a diet of uncooked food principally since July 3 and have eaten no meat. I expect to eat a little spring chicken today for lunch for the first time this year. Had a photograph taken showing my condition at this date. I have gained three pounds on the light diet I have been eating and now weigh 165 pounds gross. I tested my strength today and find I maintain it in every way. Lifted the 50, 75 and 125-pound dumbbells same as shown in photographs.

I shall continue on about the same diet I have been eating during the past month, living on fruit when it can be had, as I find it keeps me in good working condition. I feel like a boy after my experiment, and am now in perfect condition in every way.

In regard to the action of the different organs of the body during a fast I may add that my bowels moved quite frequently, at least once a day, during the first week of my fast. After that

there was a slight movement about once a week. Within twelve hours after I broke my fast my bowels began moving regularly once or twice a day. My kidneys acted freely during the entire fast. The first week or more there was a heavy deposit in the urine which later cleared up and urine became clear and normal; about sixty-five or seventy ounces a day was the average excretion of urine. The deposit I accounted for as being the result of the cleansing process and elimination of waste which had collected in the tissues. I have a record of a case where on the twenty-eighth day a large amount of sediment appeared in the urine and the temperature, which had been subnormal for years, immediately rose to the normal after the urine cleared, showing that there was a clogging somewhere that interfered with nutrition. My lung power increased during the fast. My brain and nervous system derived great benefit, as all the functions of the body are performed with more vim and vigor, felt rested, younger and had more energy. The vital power is recuperated and vigor is restored. The blood is renovated and purified and the blood-making organs rested and restored to vital vigor and power. The circulation is freed from all obstructions and deposits in the arterial and venous systems. I perspired freely during the fast, as the weather was very warm, but I did not suffer with the heat at all, the blood being normal and circulating freely. My heart grew stronger as the work was reduced, no food was taken into the stomach for thirty-one days to start the entire machinery to work, and during all of these thirty-one days the various organs that have been at work for years have been rested and repaired, new parts built up, all the weak places strengthened,

all deposits absorbed and removed and the entire machine made like new. This is what Healthopathy will do for you—for anybody. It is a rest cure—the only scientific cure—a rest for every cell of the body. I did not require near the amount of sleep as formerly when eating, and woke refreshed and full of energy. My mind, body, spirit and sex powers were all invigorated.

If you are *thin* and below normal weight a fast will help you. Do not think that fasting is beneficial only for fleshy people. *Thin* people as well as *fleshy* people are in an abnormal condition and will derive great benefit from a fast. Numerous instances are on record of thin people fasting and gaining rapidly in health and flesh after the fast. A rest will help anyone and fasting rests every organ and tissue. Only good will result. You will find but few doctors who will advise it or endorse it simply because they do not understand the process—it is revolutionary to them. Besides, if it were practiced generally, doctors would soon have to change their occupation; there would be no sick people to doctor. Don't compare health with one's size and weight. A fleshy person is not a healthy person. Keep your weight down to normal; if you are 25 or 50% over weight, your tissues require 25 or 50% more air; but as you become fleshy you breathe less, as the lungs are crowded with fat. A 200-pound man 5 feet 10 inches in height is slowly starving for want of oxygen, and the same may be said for weights in proportion to any heights. How can you supply a 200-pound body with oxygen, with a lung capacity for a 150-pound body. As fat is taken on so lung capacity should be increased, but the reverse is true in every case. As we become fleshy we breathe less; hence fatty tissue is diseased tissue,



31st day. *Lifting Mr. Hugo Heinemann, 242 pounds.*

for every cell in the body must have about 20% of oxygen. Fatty infiltration leads to fatty degeneration and decline in muscular energy in overweight, which induces heart failure, cerebral hemorrhage, imbecility and fatty degeneration of various organs and tissues. Think of stretching the skin of a normal 140-pound man or woman to cover 250 pounds; what must be the condition of all the blood vessels, nerves, etc., put on such a tremendous strain and the crowding of the vital organs? Is it any wonder that fleshy people drop dead from slight exertion? The only wonder is that the tissues stand the strain as long as they do. Fatty tissue is brittle and will snap easily. There is no other cure for such conditions except to remove the cause. Stop piling more fuel on a body saturated with oil. Too much carbon. Remember, a normal body should contain only 12 or 13% of fat at the most. Food stands in about the same relation to disease as alcohol does to drunkenness: the various foods stand in about the same relation to disease as the different alcoholic liquors do to drunkenness. Tell me what you are drinking and I will tell you how much you can stand if normal. Tell me what you are eating and I will tell you what disease is liable to manifest itself, if over-eating. The various liquors contain different percentages of alcohol. The various foods contain different percentages of oxygen, carbon, hydrogen, nitrogen, etc. Excess of carbon produces one class of disease and excess of nitrogen another. There is no escape—if you disobey the law you will surely suffer. Study part one, learn how to eat to live and have good health. Eat more fruit; it contains the same elements as bread. Remember that starchy foods place an extra strain on the organs of digestion. Four ounces of meat

is sufficient to supply the necessary nitrogen for the body for twenty-four hours in hard work, and meat need not be eaten to obtain nitrogen, as peas, beans and lentils are rich in nitrogen. About one ounce of food for every ten pounds of normal body weight is a fair average diet for anyone; for instance, a man weighing 160 pounds requires sixteen ounces (one pound) of food in twenty-four hours. For 100-pound persons, ten ounces; 150 pounds, 15 ounces, etc.

It is now October 15, over three months since I broke my fast, and I weigh 165 pounds gross. I am eating not to exceed sixteen ounces a day and frequently, not feeling hungry, go an entire day without food. I eat but twice a day—no breakfast. Apportion about one-third the required amount of food your weight (normal) requires, viz: one ounce for every ten pounds of body weight, and stop when you have eaten it. Get up from the table hungry; it is better than to go to bed sick. Do not eat your daily allowance three times a day and lunch two or three times—or eat apples, peanuts, candy, nuts, etc. The eating habit is destroying more lives than the drink habit twice over. I am eating just sufficient to maintain my weight at the normal and find that sixteen ounces in twenty-four hours will keep me gaining a trifle, hence I drop a few meals until I am back to normal. I am in perfect health and feel like a boy this fifteenth day of October, 1907. I am in receipt of letters almost daily telling of the good results from fasting; could fill a book with testimonials, but in closing will only submit two or three from patients lately cured by fasting.

Mr. John W. Morrison, president of a folding felt mattress company, address 2221-2223 St. Charles street, St. Louis, Mo., writes as follows:

ST. LOUIS, Sept. 17, 1907.

Dr. I. J. Eales,
Belleville, Ill.

Dear Sir: After reading an account in one of the St. Louis papers of your long fast, and being a great sufferer from heart trouble, I made up my mind to go over to Belleville and have a talk with you. This I did early in the month of July. After hearing your experience and taking your advice I came home and went on a fast for six days. I ate nothing, but drank all the pure water I had any desire for, which was a lot. After the first twenty-four hours I had none of the pangs of hunger. Just as I finished the six days' fast I was called suddenly away and was gone almost three weeks and so I went back to eating as regularly as I did before commencing the fast. In the meantime I had no heart trouble or suffocating feeling of any kind, and my sleep was sweet as a baby's, where before the fast I had during the night been sleeping two or three hours—getting up and down and often having to go out in the yard and get air. Now I lie down in bed and sleep six and seven hours without waking up once. During the six days' fast I lost $18\frac{1}{2}$ pounds. After my return home I weighed and found I had gained in flesh since my fast about eight pounds. While I was feeling well I made up my mind to go on the second fast, which I did, and this one I kept up nine days. It took me a little longer to get over the pangs of hunger than it did the first time, but after thirty-six hours I did not suffer at all. Of course I could have taken food at any time. In the two fasts I lost $28\frac{1}{2}$ pounds. I am in better health than I have been for five years and when before fasting I disliked the idea of going to bed, now it is a pleasure, for I have no nervous feeling

and sleep as sound as I could wish to, and it is seldom that I awake during the night. I firmly believe your method of treatment saved my life and that your treatment is one of the greatest discoveries ever made and will prove the means of saving many valuable lives. I will be pleased to answer any inquiries which may come to me from parties who are afflicted that read this letter. I shall from time to time continue to follow your valuable treatment, for I found it exactly as you represented to me concerning my case. In future I shall eat less and breathe more, keeping my weight down to normal. When I commenced my first fast I weighed 258½ pounds. I now weigh about 230 pounds and hope, by going on short fasts, to bring my weight down to about 200 pounds and keep it there.

Thanking you for your valuable advice and wishing you success in your efforts to bring the light to the knowledge of suffering humanity, I am

Yours in health,
(Signed) JOHN W. MORRISON

Mr. Henry Winker, of Belleville, who has had stomach and liver trouble for several years, writes as follows:

BELLEVILLE, ILL., Oct. 3, 1907.

Dr. I. J. Eales,
City.

Dear Doctor: In answer to your inquiry of a few days ago asking for a statement of my present condition, etc., I have to state that I feel like a new man since being under your treatment and am now working every day. My sickness dates back to last winter, when I developed severe stomach and liver trouble and was confined to my bed for a number of weeks and took a great

amount of medicine from other doctors. I grew worse, and having heard of many remarkable cures made by you, concluded to try you. I began to improve at once under your treatment of light diet. On July 14, 1907, however, from overindulgence in eating, I was attacked with severe cramps in my stomach and about midnight I was obliged to send for you. You relieved my pains with Osteopathic treatment, then advised me not to eat anything for forty-eight hours; at the end of forty-eight hours you advised another forty-eight hours' fast, and at the end of that time advised me not to eat anything until I became hungry. I followed your advice and for twenty-six days and nights took absolutely nothing but water. I broke my fast August 9, at 6 P. M., making exactly twenty-six days without food. I began to feel better about the second day, when my hunger left me, and I had no desire for food at all. When I read of your fast I could not believe it was possible to go thirty-one days without food, but now I know it is, for I could have kept up my fast much longer, but you said I could commence eating any time after I had reached twenty-six days when you examined me. In breaking my fast I ate watermelon, as you advised, and found myself all right. I can eat anything now and never have a pain. My stomach feels like new. When I commenced my fast I weighed 178 pounds and when I ended I weighed 152 pounds—a loss of twenty-six pounds in twenty-six days. I am 46 years of age and am 5 feet 8½ inches in height. I commenced the two-meal-a-day plan when I broke my fast and am following out your advice regarding my diet. I am convinced now that you are right about people all eating too much. I feel better than I have for years. Other members of my

family have also followed your advice about eating, with great improvements. I was an unbeliever until you converted me; now I am a firm believer in Healthopathy, as you call it. You may use this letter if you wish in spreading the knowledge of dietary reform.

Hoping that other sufferers will seek your advice by seeing this letter, I am,

Yours very truly,

(Signed) HY. W. WINKER.

Mr. H. B. Veerhusen of Harvey, Ill., who is now with me taking treatment, writes as follows:

Oct. 14th, 1907.

Dr. I. J. Eales,
Belleville, Ill.

Dear Doctor: With pleasure I write you a statement concerning my illness. About three years ago I first felt a very distressing feeling and pain in the pit of my stomach. It usually would come after walking a few blocks. I would have to rest a while, then probably could walk a block or two farther.

I doctored for this about two years but continually grew worse until I was finally compelled to take to my bed, as feet and limbs began to swell until they were about three times their natural size, and it also worked up into my abdomen. I doctored continually but I could not see any change. My family physician finally advised me to go to the hospital in Chicago. At that time I could not walk over one block at a time.

The pain in my stomach was so severe and affected my breathing so that I could breathe only with great difficulty.

In March, 1907, I went to Alexian Brothers'

Hospital, Chicago, and was examined by a specialist and three other doctors there. I was put to bed and they treated me with medicine about three weeks and drove the water out of my feet and limbs and I was dismissed. It was only a few weeks before I was in the same condition as when I started for the hospital. My case was a puzzle to the doctors. Not improving any more I finally, on September 1, 1907, started for Belleville, Ill., to see Dr. I. J. Eales, as I had heard of a great many cases similar to mine he had cured. I have been in Belleville now about five weeks and I must say that I feel fine. My weight when I came was 147 pounds and I now weigh 131½ pounds.

I can walk as far as any ordinary person, no short breath, or distress or pain in stomach, can climb stairs the same as I used to about twenty years ago. I do not take any drugs or medicine of any kind. I take the doctor's physiological treatments and he is making a new man of me. I wish to reduce my weight to 125 pounds by a fast this week. I will remain here until I am discharged cured. I have no swelling or water in my feet or limbs, at this writing, and while here I have been on my feet constantly during the day time, walking for exercise. Last week I averaged seven to ten miles daily. I was always a hearty eater. I have no use for liquor and very seldom use it in any form. I use tobacco moderately. I feel that my stay here will be short, as I feel well enough to return home now. If you want to use this letter you are at liberty to do so, as I am only too glad to answer any or all letters regarding my illness, if I can help any one who is suffering as I did. Yours for health,

HART B. VEERHUSEN,
No. 155, 154th St., Harvey, Ill.

Following are some valuable original tables by Prof. Gilman Low, of New York City, the artist, athlete and health director, whose photo appears on page 86, and who, by years of careful hygienic living, dieting healthopathy, and training along the lines advocated in this volume, has reached the height of physical perfection and has gained the world's record of both ancient and modern times for the feats of strength and endurance performed, as set forth on page 85. These tables give the comparatively ideal proportions in relation to *height, weight and lung capacity*, in both the male and female figures, ranging in height from 5 feet 2 inches to 6 feet. They are the result of over ten years of incessant labor by Prof. Low in computing and forming an average of measurements which are considered by the best artists, sculptors and physicians to be *ideally perfect and correct*. These correspond in every particular with the highest ideals that the world has known in the last ten centuries and are taken from the measurements of over 750 male and 800 female models and the ideal figures from the world's greatest sculptors and painters. These proportions are in a state of nudity and relaxation, or when the figure is a natural pose with no flexing of any part whatever, and the weights are net. I have further perfected these valuable tables by the addition of the *normal lung capacity* for each height from 5 feet 2 inches to 6 feet, which I have arrived at by twelve years of comparisons of the lung capacities of patients, and the lung capacity in relation to height as given in our standard works on physiology. Allowance, of course, must be made for increase in lung capacity from the fifteenth to the thirty-fifth year at the rate of 5 cubic inches per year and also for a slight de-

crease of about 1 or 2 cubic inches per year from the ages of 35 to 65.

These are very valuable tables, as anyone can ascertain if their height, weight, measurements and lung capacity are normal.

FEMALE 5 FT. 2 IN.

Lung capacity.....	152 cu. in.
Weight	123 lbs.
Neck	11½ in.
Arm	11½ in.
Forearm	10 in.
Wrist	6 in.
Chest	33 in.
Bust	35 in.
Waist	28½ in.
Hips	36 in.
Thigh	20 in.
Knee	13¼ in.
Calf	13½ in.
Ankle	7½ in.

MALE 5 FT. 4 IN.

Lung capacity.....	232 cu. in.
Weight	135 lbs.
Neck	13 in.
Arm	11½ in.
Forearm	10½ in.
Wrist	6½ in.
Chest	39 in.
Waist	28 in.
Thigh	20 in.
Knee	12 in.
Calf	13 in.
Ankle	9 in.

MALE 5 FT. 5 IN.

Lung capacity.....	240 cu. in.
Weight	140 lbs.
Neck	13½ in.
Arm	12½ in.
Forearm	10½ in.
Wrist	6½ in.
Chest	40 in.
Waist	29 in.
Thigh	20½ in.
Knee	12½ in.
Calf	13½ in.
Ankle	9 in.

MALE 5 FT. 6 IN.

Lung capacity.....	248 cu. in.
Weight	145 lbs.
Neck	13½ in.
Arm	12½ in.
Forearm	11 in.
Wrist	6½ in.
Chest	40½ in.

FEMALE 5 FT. 3 IN.

Lung capacity.....	159 cu. in.
Weight	126 lbs.
Neck	11½ in.
Arm	11½ in.
Forearm	10½ in.
Wrist	6½ in.
Chest	33½ in.
Bust	35½ in.
Waist	27 in.
Hips	36½ in.
Thigh	20½ in.
Knee	13½ in.
Calf	13½ in.
Ankle	7½ in.

FEMALE 5 FT. 4 IN.

Lung capacity.....	166 cu. in.
Weight	129 lbs.
Neck	11½ in.
Arm	11½ in.
Forearm	10½ in.
Wrist	6½ in.
Hips	37 in.
Chest	34 in.
Waist	27½ in.
Thigh	20½ in.
Knee	13½ in.
Calf	14 in.
Bust	36 in.
Ankle	8 in.

FEMALE 5 FT. 5 IN.

Lung capacity.....	172 cu. in.
Weight	133 lbs.
Neck	11½ in.
Arm	11½ in.
Forearm	10½ in.
Wrist	6½ in.
Hips	37½ in.
Chest	34½ in.
Waist	27½ in.
Thigh	21 in.
Knee	13½ in.
Calf	14½ in.
Bust	36½ in.
Ankle	8½ in.

FEMALE 5 FT. 6 IN.

Lung capacity.....	178 cu. in.
Weight	137 lbs.
Neck	12 in.
Arm	12 in.
Forearm	10½ in.
Wrist	6½ in.
Hips	38½ in.

Waist	30	in.
Thigh	21	in.
Knee	12½	in.
Calf	13½	in.
Ankle	9 1-16	in.

Chest	35	in.
Waist	28	in.
Thigh	21½	in.
Knee	14	in.
Calf	14½	in.
Bust	37	in.
Ankle	8½	in.

MALE 5 FT. 7 IN.

Lung capacity	256	cu. in.
Weight	150	lbs.
Neck	14	in.
Arm	12¾	in.
Forearm	11½	in.
Wrist	6½	in.
Chest	41	in.
Waist	31	in.
Thigh	21½	in.
Knee	12½	in.
Calf	14	in.
Ankle	9½	in.

FEMALE 5 FT. 7 IN.

Lung capacity	184	cu. in.
Weight	142	lbs.
Neck	12½	in.
Arm	12½	in.
Forearm	10½	in.
Wrist	6½	in.
Hips	39	in.
Chest	35½	in.
Waist	28½	in.
Thigh	22	in.
Knee	14½	in.
Calf	14½	in.
Bust	37½	in.
Ankle	8½	in.

MALE 5 FT. 8 IN.

Lung capacity	264	cu. in.
Weight	154	lbs.
Neck	12¼	in.
Arm	13	in.
Forearm	11½	in.
Wrist	7	in.
Chest	41¾	in.
Waist	32½	in.
Thigh	21¾	in.
Knee	12¾	in.
Calf	14½	in.
Ankle	9½	in.

FEMALE 5 FT. 8 IN.

Lung capacity	190	cu. in.
Weight	146	lbs.
Neck	14¼	in.
Arm	12¼	in.
Forearm	10¾	in.
Wrist	6¾	in.
Hips	40	in.
Chest	36	in.
Waist	29	in.
Thigh	22½	in.
Knee	14½	in.
Calf	14½	in.
Bust	38	in.
Ankle	8¾	in.

MALE 5 FT. 9 IN.

Lung capacity	272	cu. in.
Weight	159	lbs.
Neck	14½	in.
Arm	13½	in.
Forearm	11½	in.
Wrist	7	in.
Chest	42	in.
Waist	33	in.
Thigh	22	in.
Knee	12¾	in.
Calf	14½	in.
Ankle	9½	in.

MALE 5 FT. 10 IN.

Lung capacity	280	cu. in.
Weight	164	lbs.
Neck	14¾	in.
Arm	13½	in.
Forearm	11½	in.
Wrist	7½	in.
Chest	43	in.
Waist	34	in.
Thigh	22½	in.
Knee	13	in.
Calf	14¾	in.
Ankle	9½	in.

MALE 5 FT. 11 IN.

Lung capacity	288	cu. in.
Weight	169	lbs.
Neck	15¼	in.
Arm	13¾	in.
Forearm	12	in.
Wrist	7½	in.
Chest	43½	in.
Waist	34¾	in.
Thigh	22¾	in.
Knee	13½	in.
Calf	15½	in.
Ankle	9½	in.

MALE 6 FT.

Lung capacity	296	cu. in.
Weight	175	lbs.
Neck	16	in.
Arm	14¼	in.
Forearm	12½	in.
Wrist	7¾	in.
Chest	44	in.
Waist	35	in.
Thigh	23	in.
Knee	13½	in.
Calf	16	in.
Ankle	9¾	in.

In closing, let me again caution about the evils of over-ingestion of food. Commence the new way at once—stop eating breakfast. Try it for a month or a week and you will notice an improvement in your condition. Give the new way a trial—miss the first meal after reading this. It will give your stomach, bowels, liver, heart and kidneys a rest; they will thank you. You will miss two meals the next time and you will feel better. You will continue until you find Perfect Health. God speed the time when the *New Way* is known to all mankind—when *Healthology* and *Healthopathy* are read and practiced universally and all mankind is blessed with *perfect health*, is the desire of the author.

THE END.

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